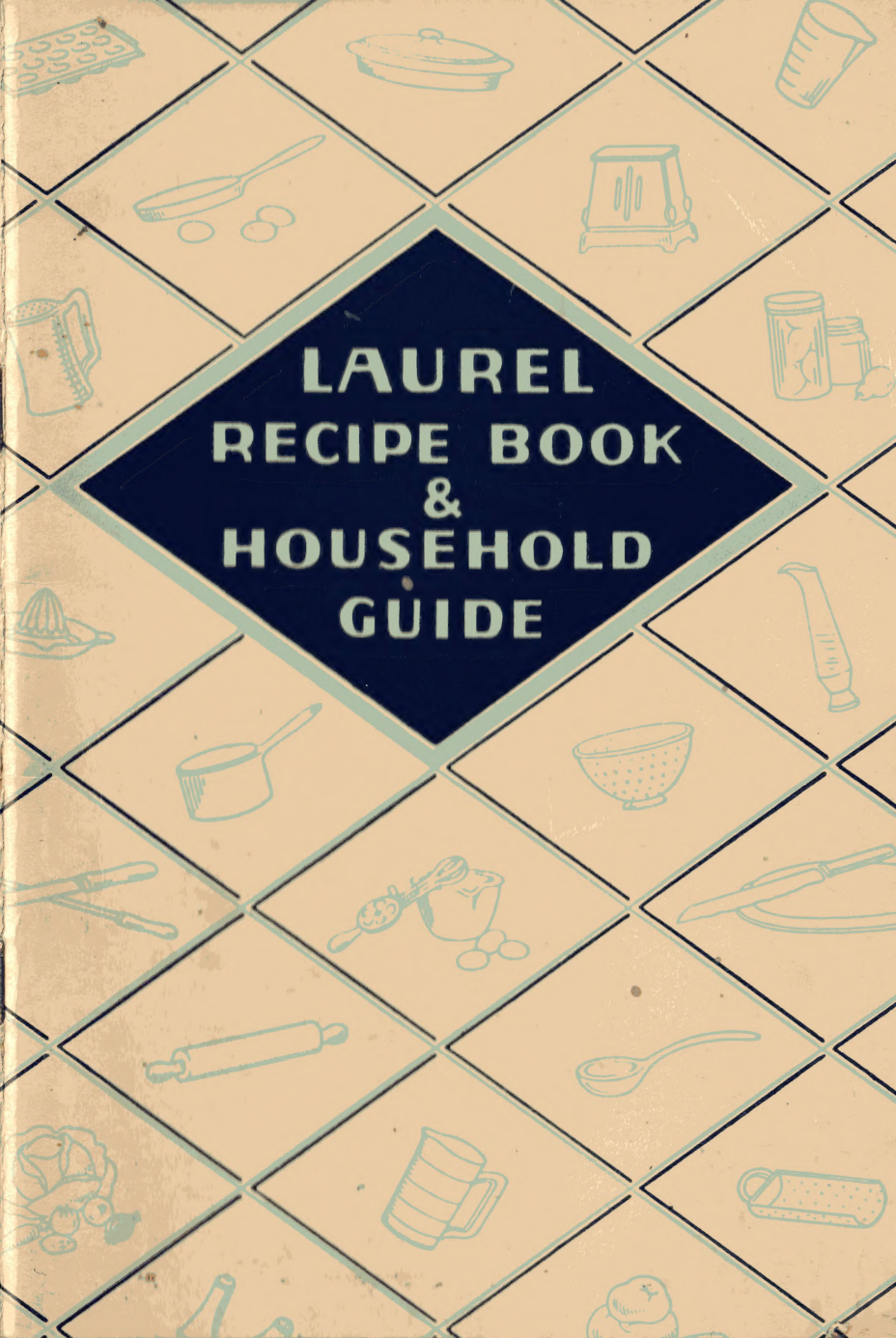
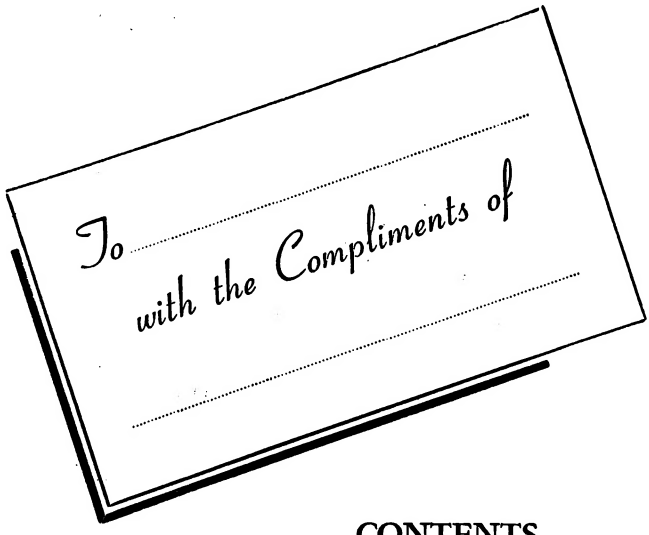

LAUREL
RECIPE BOOK
&
HOUSEHOLD
GUIDE



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INTRODUCTION

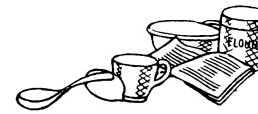
In 1895, the Vacuum Oil Company Pty. Ltd. commenced business in Melbourne. It was the first Oil Company to be established in Australia. For over half a century, through prosperity and depression, this Company has made a substantial contribution to the development of Australia by producing and distributing in city, town, and country, petroleum products of the highest quality. One of these products —Laurel Kerosene—has become the most popular kerosene amongst Australian housewives.

As a small token of our appreciation of this long and happy association, this book has been produced for distribution to our many housewife friends. Most of the recipes have appeared in the Vacuum Country Journal, and all have been tested and tasted.

We hope you will find this a very useful addition to your kitchen. It goes to you with the best wishes of this Company.

VACUUM OIL COMPANY PTY. LTD.
(INCORP. IN AUST.)

Cakes, Buns, Pastry and Biscuits



Chocolate Cream Biscuits

2 cups Flour
1½ teaspoons Baking Powder
½ teaspoon Soda
½ teaspoon Cinnamon
½ cup Butter
1 cup Sugar
2 Eggs
3 tablespoons Cocoa

Mix butter and sugar to a cream and add eggs, well beaten. Beat again and add dry ingredients, which have been sifted well. Mix to stiff dough. Roll out on floured board and cut into shapes. Bake for 7 minutes in hot oven. Put together with butter icing.

Spiced Honey Nuts

2 ozs. Butter
2 ozs. Sugar
1 Egg
½ cup Honey
1 teaspoon Cinnamon
Pinch of Salt
6 ozs. S.R. Flour

Cream well butter and sugar, add egg well beaten, honey and self-raising flour, cinnamon and salt. Beat all well, then mix in one cup of chopped nuts. Drop in small teaspoons on a greased slide, leaving room for them to spread, and bake a golden brown.

Meringues

1⅓ cups (large) Castor Sugar
1 level teaspoonful (small) Cream of Tartar
½ level teaspoonful (small) Carb. Soda
Whites of 2 Eggs

Beat egg-whites until stiff. Sift risings with castor sugar, and beat in gradually to egg whites. Drop in small teaspoonfuls onto stiff brown paper, on oven tray (not too close together), and bake for about 1½ to 2 hours. Have oven nice and warm when meringues first go in, but after about 15 minutes, turn gas right down and cook for remaining time in very slow oven. When cold, the meringues lift easily off brown paper and they will keep for months in an air-tight tin.

Melting Moments

6 ozs. Flour
6 ozs. Butter
2 ozs. Maizena
2 ozs. Icing Sugar

Work all well together, form into flat cakes and press across with a four-pronged fork. Bake in a slow oven for 20 minutes.

Laurel Kerosene burns without smoke, soot, or smell.

Brown Cake

½ lb. Butter
1 cup Brown Sugar
2 Eggs
1 dessertspoonful of Treacle or Honey
1 teaspoonful of Carb. Soda
4 tablespoonfuls of Boiling Water
½ cup of cold Milk
1 cup ea. chopped Nuts, Sultanas and Dates
2 cups Wheat Meal

Beat butter and brown sugar. Add eggs beaten one at a time, then mix together treacle or honey, carb. soda and boiling water and add. Then add milk, nuts, sultanas and dates and wheat meal. Mix thoroughly and bake one hour in a moderate oven.

Good-Keeping Brown Plum Cake

This cake is a wonderful stand-by, and is especially useful where eggs and butter are difficult to obtain and must be used sparingly. It keeps a long time, and is economical.

2 lb. Flour
1 lb. Currants
1 lb. Raisins
1 lb. Brown Sugar
2 Eggs
¼ lb. Dripping
½ lb. Butter or Margarine (or all Dripping may be used)
1 teaspoon ea. Cream of Tartar and Carb. Soda
1 pint Sour Milk
¼ lb. Mixed Peel
½ teaspoon Salt

Sift flour and salt, rub in the fats. Add fruits and sugar. Mix cream of tartar in milk and eggs well beaten. Stir quickly but thoroughly into dry ingredients. The mixture should be rather moist, so if necessary add a little extra milk. Bake in a well-greased tin in a very moderate oven for three hours.

Walnut Filling

2 cups Corn Flakes
1 cup Broken Walnuts
1 cup Sugar
1 cup Cocoanut
White of 1 Egg, well beaten
1 tablespoon Melted Butter
Vanilla

Add sugar to the egg and beat well. Mix in the melted butter, then all the other ingredients. Blend well.

Economical Plain Cake

1 tablespoon Butter
½ cup Sugar
1 Egg
1 cup Self-raising Flour
½ cup Milk

Mix butter and sugar to a cream —add egg, whole—mix well—

Use Vaclite Lighting and Heating Fluid in petrol irons.

then add sifted flour and, lastly, milk. Bake in a moderate oven for half-hour.

Date Dainties

3 cups Flour
1 cup Cornflour
2 teaspoons Cream of Tartar
1 teaspoon Carb. Soda
1 cup Sugar
½ lb. Butter
3 Eggs

After mixing well, roll out thin, cut in rounds, fold over with stoned date in each. When cooked, ice with cocoanut icing or chocolate icing if preferred.

Vacuum Nut Loaf

2 cups Self-raising Flour
2 tablespoons Sugar
1 teaspoon Cinnamon
1 teaspoon Spice
1 Egg
1 cup Milk
¾ cup Nuts (or Dates)

Mix dry ingredients together then add beaten egg and milk. Bake in nut loaf tin for ½ hour.

Brown Sponge

1 cup White Sugar
½ cup Treacle
1 cup Butter (or Dripping)
1 cup Milk
3 cups Flour
2 Eggs
1 tablespoon Ground Ginger
1 Nutmeg
1 teaspoon Carb. Soda

Beat butter and sugar to a cream, add eggs one at a time, add treacle, then milk, add soda dissolved in 2 tablespoons hot water, lastly flour, ginger and nutmeg. Bake in slow oven.

Three-Minute Coffee Cake

2 large Eggs
2 tablespoons Melted Butter
1 cup Plain Flour
1 teaspoon Cream of Tartar
¾ cup of Sugar
3 tablespoons Cold Milk
½ teaspoon Carb. Soda
1½ tablespoons Coffee Essence

Put all into a dish, mix for 3 minutes, and bake for 15 minutes.

Eggless Cake

1½ cups Cold Cooked Apples
2 cups Plain Flour
1 cup Sugar
1 cup Seeded Raisins
½ cup Butter
1 teaspoon Hot Water
1 teaspoon Cinnamon
1 teaspoon Carb. Soda

Cream the butter and sugar; add apples; then soda dissolved in hot water, then spice, flour and lastly raisins. Cook 1 hour in moderate oven.

Use Vacuum Dry Cleaner for frocks—absolutely reliable.

Speed Cakes

1 tablespoon Butter
1 tablespoon Sugar
1 Egg
½ teaspoon Baking Soda
1 tablespoon Milk
1 cup Flour
1 teaspoon Cream of Tartar

Beat butter and sugar; add egg then baking soda dissolved in milk; stir; sift in flour and cream of tartar; stir; add vanilla essence to flavour. Bake in paper cake containers for about 10 minutes.

Serve hot; or, if desired, allow to cool, and ice.

Devil's Food Cake

1¼ cups Self-raising Flour
1¼ cups Sugar
1 cup Butter
3 ozs. Chocolate
3 Eggs
1 teaspoon Vanilla
¼ teaspoon Salt

Melt chocolate in upper part of a double boiler. Cream butter and sugar, add unbeaten eggs and melted chocolate. Beat until smooth. Sift flour three times and add alternately with the milk. Bake in a loaf for 45 minutes, or in layers for 15 to 20 minutes.

Almond Ruffles

2 cups Flour
1 teaspoon Cream of Tartar
½ teaspoon Soda
¼ lb. Butter
½ cup Sugar
1 well-beaten Egg

Sift together flour and cream of tartar and soda. Cream butter with sugar, add egg then sifted flour. Roll out very thin. Line patty tins (well greased) and fill with following mixture:—

1 cup Cocoanut
1 tablespoon Butter
1 tablespoon Sugar
1 Egg
Few drops of Essence of Almond

Beat well. Bake about 15 minutes.

Oatmeal Biscuits

½ cup Melted Butter
1 cup Sugar
1½ cups Rolled Oats
2 cups Flour
½ teaspoon Salt
½ teaspoon Soda
Cold Water

Combine ingredients, using enough water to make a very stiff dough. Knead well with the hands. Roll very thin, cut in squares or rounds, and bake in a hot oven until a golden-brown.

Laurel Kerosene is back and better than ever.

Wholemeal Nutties

2 Eggs
¾ cup Sugar
1 teaspoon Almond Essence
2 tablespoons Butter
3 heaped cups Wholemeal Flakes

Cream butter and sugar, add well-beaten eggs and essence. Stir in wholemeal flakes. Leave in basin for 10 minutes until thick. Then pick up little bits of mixture, squeeze into balls and bake in moderate oven 15 minutes.

Slide Buns

¼ lb. Butter
½ cup Sugar
2 small cups Self-raising Flour
2 Eggs, well beaten

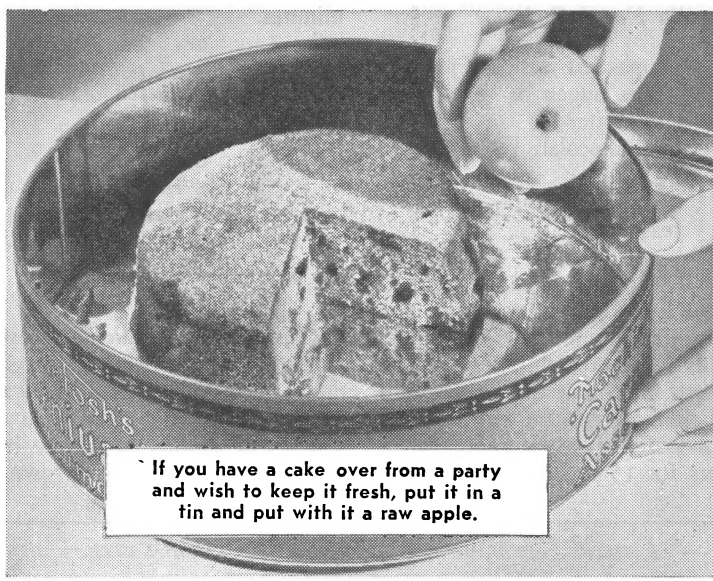
Rub butter, sugar and self-raising flour together and then eggs. Add fruit to taste and drop in dessertspoonfuls on tray.

Apple Shortbread

Have stewed apple ready on enamel plate.

1 Egg
¾ cup Sugar
¼ lb. Butter
Self-raising Flour

Cream butter and sugar, add beaten egg, then stir in sufficient flour to make a dough. Turn on to a well-floured board and press with the fingers to the required size. Do not use a rolling pin. Place over apple and cook in fairly hot oven till a light brown on top. Serve cold with cream.



If you have a cake over from a party and wish to keep it fresh, put it in a tin and put with it a raw apple.

Tea Buns

½ lb. Flour
3 ozs. Currants or Sultanas
1 tablespoon Milk
4 ozs. Butter
4 ozs. Sugar
1 Egg
1 teaspoon Baking Powder
A pinch of Salt

Sift the flour, salt and baking powder into a basin. Rub in the butter and add the sugar and currants. Beat up the egg, add the milk and mix with the other ingredients to a stiff paste. Put the mixture on a greased tin in twelve small heaps and bake in a quick oven for twenty minutes.

Almond Shortbread

¼ lb. Butter
¼ lb. Flour
¼ lb. Ground Almonds
2 ozs. Castor Sugar
Few Walnuts and Cherries

Cream butter and sugar, add flour and almonds and knead well. Divide into two tins and decorate with walnuts and cherries. Bake slow oven 20 minutes.

Keeping Yolks of Eggs

It often happens that the white of an egg is wanted and there is no immediate use for the yolk. Do not throw it away. Put it in a cup, run a little cold water over it, stand a saucer on the cup, and place in the coolest part of the larder.

Vacuum Biscuits

6 ozs. Butter
6 ozs. Brown Sugar
½ lb. Self-raising Flour
Yolk of 1 Egg
1 teaspoon Mixed Spice
1 teaspoon Cinnamon
Pinch of Salt

Cream butter and sugar, add egg yolk. Add dry ingredients mixed together. Make into small balls and place on greased slide.

Baskets of Delight

1 slab layer Cake
Fruit Salad (cut very fine)
Cream
Cherries
Nuts
Jam

Cut cake either in rounds or ovals, then take a small cutter and insert half-way down; scoop out inside. Spread jam thinly round outside and roll in chopped nuts. Fill inside with fruit salad, leaving juice behind. Force flavoured cream round edge and decorate with cherries. For handle use angelica or orange rind.

Keep some Vacuum Petroleum Jelly in the medicine chest.

Banana Tart

6 ozs. good Short Crust
1 oz. Butter
1 oz. Flour
1 gill Milk
1 Egg
1 dessertspoon Castor Sugar
Essence of Vanilla
3 Bananas

Line tart case with short crust, and bake in moderately hot oven for 15 minutes. Melt butter, add flour and stir till smooth, add milk and stir till boiling. Cook well, allow to cool slightly, add beaten egg-yolk, and cook without boiling. Add sugar, essence and sliced bananas, and fill tart case. Beat white of egg stiffly, add 1 dessertspoon sugar, pile on the mixture, and put in a slow oven till well browned.

Macaroon Cake

¼ lb. Butter
¾ cup Castor Sugar
2 Eggs
½ cup Milk
1¼ cups Flour
1 cup Cocoanut

Cream butter and sugar—add egg yolk, milk and flour. Beat egg whites stiffly with half cup castor, add cocoanut, and place on top of cake. Bake about 30 minutes.

Apple Cake

1 cup Sugar
½ cup Butter, or 2 oz. Dripping
1½ cups hot, Cooked Apples, stewed without sugar
1 tablespoon cocoa
2 flat teaspoons Carb. Soda
2 cups S.R. Flour
½ teaspoon Nutmeg
½ teaspoon Cinnamon
½ lb. Raisins

Beat dripping well with pinch carb. soda and 1 dessertspoon lemon juice. Add sugar, beat to a cream, beat in cocoa, and apples, then flour and spices. Cook ½ hour in moderate oven; ice if liked.

Vacuum Fruit Cake

3 Eggs
2 teacups Flour
1 teaspoon Baking Powder
1 teacup Sugar
3 tablespoons Butter
1 teacup Mixed Fruit
Pinch Salt

Mix butter and sugar to a cream, beat in eggs one by one, add flour, fruit, salt and baking powder. Place in a papered cake tin on centre rack of oven. Use medium flame. Bake 1¼ to 1½ hours.

Flit kills moths, silverfish, ants and bugs.

Peanut Butter Cookies

10 oz. Flour
¼ teaspoon Salt
2 oz. Peanut Butter
2 oz. Fat
2 to 3 oz. Sugar
1 Egg
Milk

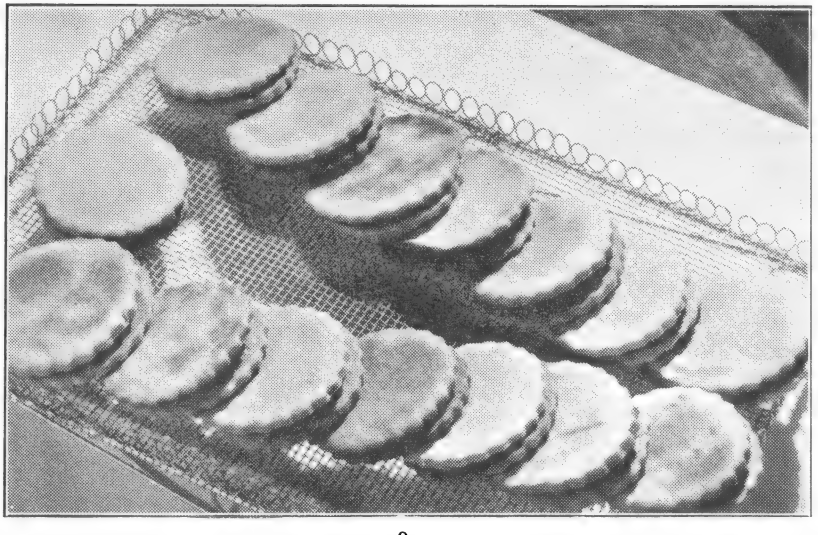
Cream the cooking fat and peanut butter together and beat in the sugar until the mixture is very light. Beat in the egg mixed smoothly with 2 tablespoons of water. Add flour and salt. Work to a stiff dough with a little milk. Roll out thinly and cut into rounds. Bake on a greased tin for 20 minutes in a moderate oven. Sandwich two together with jam or chocolate spread between.

Dutch Butters

6 ozs. Sugar
10 ozs. Plain Flour
½ teaspoon of Salt
8 ozs. Butter
1 Egg
½ teaspoon Cinnamon
Almonds (halved)

Cream butter and sugar—add egg yolk—add flour. Put into swiss-roll tin, pushing down hard into tin. Mark out in fingers, place halves of almonds on top and brush with egg white. It is important to cut whilst hot—immediately after it is taken from the oven—otherwise, if left, the biscuits will break.

◆ **PEANUT BUTTER COOKIES**



Pavlova Cake

4 Egg Whites
1 teaspoon Vanilla
1 cup Castor Sugar
1 teaspoon Vinegar

Beat egg whites to a stiff froth. Add sugar (gradually), vinegar, and vanilla. Bake on a large deep dish which has been well greased, for ¾ hour in a slow oven. Keep more of mixture at sides to make saucershaped cake, to hold cream filling. This makes a large cake, but half-quantities may be used quite successfully to make smaller size. Alternatively, two small cakes can be made, and used with different flavourings.

Using this meringue cake as a basis, quite delicious and exciting party cakes or sweets can be concocted. As an example, the Strawberry Pavlova Cake can be made with whipped cream which has been flavoured with strawberry pulp and a little castor sugar. To improve the decorative effect, the cream can be forced through an icing machine and piled high on top in a swirl. Fresh strawberries can be used for an extra gala effect.

Passionfruit can also be used for flavouring the cream, and a little passionfruit pulp can be spread lightly on the top.

Other suggestions are pineapple, loganberries, paw paw mashed and flavoured with sugar and a little fresh lime-juice—crystallized cherries chopped and used in conjunction with sherry or banana—or any other suitable flavouring can be used with the cream to give the Pavlova Cake variety.

Pavlova Cake is more easily eaten with a spoon than with a fork.

Laurel Biscuits

1 cup Sugar
½ lb. Butter
1 lb. Flour
3 Eggs

Cream butter and sugar well—add eggs and beat well. Add flour and mix well. Roll in little balls and put on buttered tray, and press flat with floured fingers. Bake about seven minutes in moderate oven.

Ginger Nuts

2 tablespoons cinnamon
4 tablespoons dripping
6 tablespoons water
1 tablespoon ground ginger
1 cup sugar
1 teaspoon salt
1 cup treacle
Flour

Mix all ingredients together—then add flour to make a fairly stiff dough—cut in shapes and bake.

Flit is instant death to all insect pests.

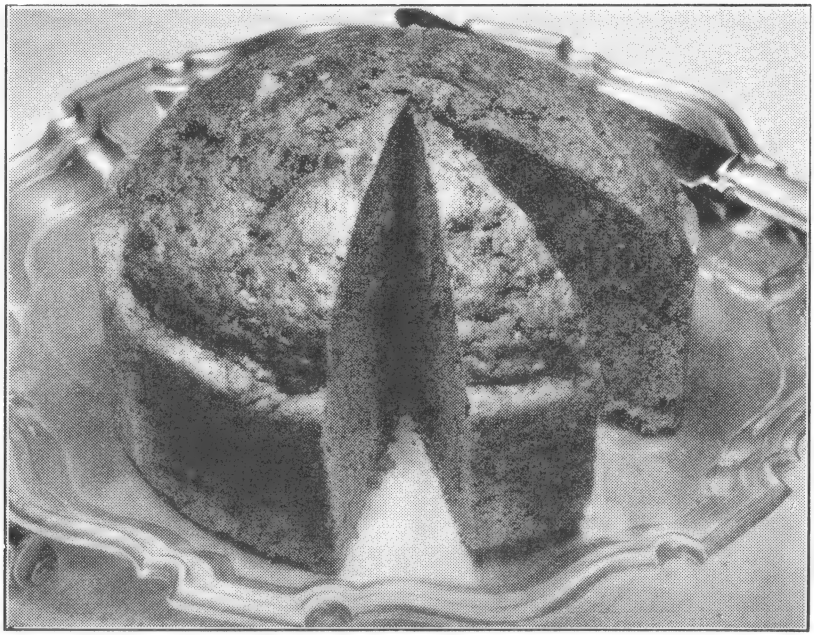
Cocoa Cake (illustrated)

½ lb. Flour
1 level teaspoonful Bicarb. of Soda
1 oz. Cocoa
3 ozs. Fat
5 ozs. Sugar
1½ gills Milk

Sift the flour with the cocoa and bicarbonate of soda. Rub in the fat, then stir in the sugar. Bring the milk to the boil and, when it is boiling, stir it into the dry ingredients. Mix it all together. Turn the mixture *at once* into a greased cake tin, and bake it in a moderate oven. It will take about one hour to one hour and a quarter. Test the cake with a skewer before taking it out of the oven. When it is cooked, remove it from the oven and let it stand for about fifteen minutes before turning it out of the tin.

Note: Some vanilla, or a little ground cinnamon, may be added instead of the cocoa to vary the flavour of the mixture.

Always use
VACUUM DRY CLEANER
for those home cleaning jobs
(gloves, hats, dresses, etc.)



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. . . Because Laurel is the best Kerosene you can buy. Laurel is refined to eliminate smoke, smell, and all impurities in order that refrigerators, cook stoves, lamps, lanterns and heaters will operate efficiently and economically.

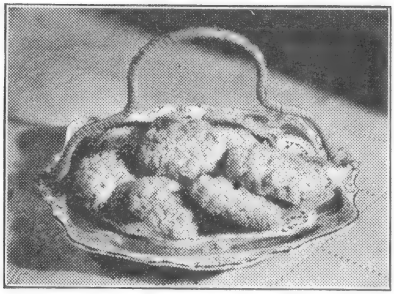
VACUUM OIL COMPANY PTY. LTD. (Incorp. in Aust.)

VACUUM QUALITY PRODUCT

LAUREL

THE PERFECT ALL-PURPOSE KEROSENE

For Lighting, Heating, Cooking, Cleaning, Freezing



Oatmeal Macaroons

6 oz. Rolled Oats
3 oz. Melted Margarine
4 oz. Sugar
1 Egg
1 teaspoon Baking Powder
1 pinch Salt

Put all the dry ingredients into a basin and then add the melted margarine and the beaten egg. Stir well with a wooden spoon and then put the mixture out in dessertspoons on to a well-greased tray. Bake in a moderate oven for 20 minutes until golden brown and set. Allow the macaroons to cool before removing from the tray.

Boiled Custard for Puffs

1½ ozs. Butter
1 oz. Flour
½ pint Milk
Yolks of 2 Eggs
1 oz. Sugar
Vanilla

Melt butter then add flour and beat smooth. Cook well for two minutes; add milk; stir until boiling. Remove from fire. Beat and add yolks of eggs.

Chocolate Eclairs

Quantity of Cream Puff Mixture
½ lb. Chocolate Icing
1 gill Cream

Make pastry mixture. Force through bag and plain pipe in 2-inch lengths on to greased tin. Bake in a moderately hot oven ½ hour. Do not open oven door until they have been in quite 10 minutes. When cool make an incision in one side and fill with sweetened and flavoured whipped cream. Cover with chocolate icing.

Raisin Loaf

1 cup of Water
1 cup of Sugar
1 cup of Seeded Raisins or Dates
Small teaspoonful of Carb. Soda
1 tablespoon of Butter
2 cups of Self-raising Flour
Pinch of Salt
1 Egg

Put the water, sugar, fruit, carb. soda and butter in a saucepan and stir until melting. Then add to the flour, salt, and beaten egg. Bake in open cake tin in moderate oven for about ¾ hour.

Use Flit—the world-famous insect spray, now contains D.D.T.

Sponge Sandwich

4 Eggs
1 cup Sugar
1¼ cups Self-raising Flour
4 tablespoons Boiling Water
Pinch of Salt

Beat eggs, salt and sugar till thick, add flour, and last boiling water. Cook in moderate oven 20 minutes.

Cream or Custard Puffs

2 ozs. Butter
4 ozs. Flour
½ pint Water
3 large Eggs
Cream or Custard

Boil butter and water, then remove from stove, stir in the flour all at once and beat till smooth. Beat well over the fire and cook until it leaves the sides of the saucepan. Allow to cool. Whisk egg well and beat into the cool mixture. Put in smooth pieces on a greased flat tin and bake in a hot oven ½ hour or longer, gradually decreasing heat. Do not open the oven door until they have been in quite 10 minutes. When cool, cut open near the top and fill with whipped cream or custard. Sprinkle icing sugar thickly over them and serve on a d'oyley on a plate.

Banana Shortcake

½ cup Sugar
4 tablespoons Butter
1 Egg
1½ cups Flour
3 Bananas
½ cup Water
1 teaspoon Vanilla

Cream butter and sugar and add egg. Add flour, vanilla and water. Mix thoroughly and pour into well-greased and floured oblong (shallow) baking tin. Slice bananas thinly and spread over mixture. Bake in moderate oven for 35 minutes.

Madeira Cake

¼ lb. Butter
1 cup Sugar
1½ cups Self-raising Flour
½ cup Milk
2 Eggs
Vanilla Essence or Lemon Juice

Beat butter and sugar to a cream, add well-beaten eggs. Beat well and add milk, essence and well-sifted flour.

Cheese Scones

1½ cups Flour
¾ cup Grated Cheese
Pinch of Cayenne Pepper and Salt
1 dessertspoon Butter
1 Egg (and if needed a little Milk)

Laurel—the most popular kerosene amongst Australian housewives.

Mix flour (sifted), pepper, salt and butter, then add egg and milk (if necessary) and finally the grated cheese.

Melting Moments

1 tablespoon Plain Flour
2 tablespoons sugar
1 teaspoon Baking Powder
1 tablespoon Milk
3 tablespoons Cornflour
2 tablespoons Butter
1 Egg

Beat the butter and sugar to a cream, add eggs, then milk, lastly sifted dry ingredients. Mix quickly. Put in greased patty pans. Bake in a good oven for 7 to 10 minutes.

Jam Drops

2 cups Flour
1 teaspoon Cream of Tartar
2 Eggs
½ teaspoon Soda
¾ cup Sugar
½ cup Butter

Beat butter and sugar to a cream. Add eggs; beat well. Then add flour. Make into little balls. With hand press a hole in centre. Put jam in. Bake in quick oven for 15 minutes. These make a good biscuit too. You can join them with jam.

A country kitchen that is a delight to work in. A Perfection Oil Stove and a Kerosene Refrigerator—both using Laurel Kerosene and a petrol iron that functions perfectly on Vaclite Lighting and Heating Fluid.

Puddings

Sponge Pudding

6 tablespoons Butter
1 dessertspoon Ground Ginger
½ pint Milk
4 cups Flour
12 tablespoons Sugar
1 teaspoon Bicarbonate Soda

Rub butter into flour, add ginger and sugar and soda, mix with a few drops of milk and then gradually add the remainder of the milk. Beat to a soft batter, place in pudding bowl and steam for 2½ hours. Allow plenty of room to swell. Serve with wine sauce.

Peach Souffle

4 Eggs
½ cup sugar
1 teaspoon Lemon Juice
1 cup Peaches, crushed

Peel peaches and crush to a pulp. Add sugar and lemon juice. Mix with beaten egg yolks, and cook in a double boiler until thick. Fold in the stiffly-beaten whites, and bake in a buttered baking dish for 10 to 15 minutes in a moderate oven. Serve at once, with cream.

Strawberries may be substituted for the peaches.

Pineapple Cream

A small Pineapple
Half a pint Cream
1½ dessertspoons Gelatine
3 ozs. Castor Sugar
1 gill Pineapple Juice

Cut off the top of the pineapple about quarter of the way down. With a sharp knife cut out the inside of the pineapple, keeping it as whole as possible. Be careful not to puncture the bottom of the pineapple. Divide the pineapple you have taken out in half. Cut one-half in small dice, first removing any "eyes" there may be. Pound the rest in a mortar, if possible, then rub it through a sieve. Whip the cream, then add to it the sieved pineapple and the dice. Dissolve the gelatine in the pineapple juice. (When cutting the dice and pounding, you will be able to strain off enough juice.) Add the sugar, let this cool, then strain it into the cream, etc. Stir all well together then pour it into a basin and allow to set. Then take it out in spoonfuls and put it in the pineapple, heaping it up slightly. Replace the top and serve.

Spiced Peaches

To 3½ lb. Peaches allow a ¼ pint of Good Vinegar and Grape Fruit Juice
1½ lb. Sugar
¼ oz. Cloves
A stick of Cinnamon
A spoonful of Allspice (if liked)

Skin the peaches and put them in a basin. Put the vinegar, grape fruit juice, sugar and allspice into a pan and bring to the boil; pour, boiling hot, over the peaches and let them stand for 24 hours then drain the liquid off again, bring to the boil and pour over the peaches. Once more let them stand for 24 hours then put all into a pan and boil gently until peaches are soft but not broken. Take out peaches and pack them into glass jars. Boil the syrup until thick then pour over the peaches, covering them completely. Seal the jars securely.

Baked Orange Cream Pudding

1 tablespoon Butter
¾ cup Sugar
2 tablespoons S.R. Flour
Juice and Grated Rind of an Orange
Beaten Yolks of 2 Eggs
1 cup Milk

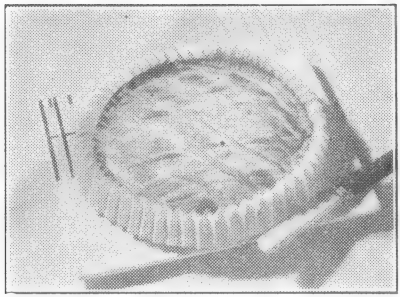
Cream butter and sugar, then stir in S.R. flour. Add juice and rind of orange, the beaten yolks of two eggs and the milk. Lightly fold in the stiffly-beaten white of eggs and pour all into a well-greased pie-dish. Stand in a dish of hot water and cook in slow oven for about one hour. Serve hot or cold. (It should cook with a light souffle mixture on top and cream orange sauce beneath.)

"Mum's Delight"

A delicious light pudding may be made by:—
1 heaped tablespoon Butter
¾ cup Sugar
2 tablespoons Desiccated Cocoanut
Pinch of Salt
4 tablespoons Milk
2 Unbeaten Eggs
1 cup Flour

Melt butter in mixing bowl and add in following order: sugar, cocoanut, salt, milk, eggs, flour. Stir all gently together and beat for 2 minutes only. Then stir in carefully 1 teaspoon baking powder. Have ready a greased pudding basin in the bottom of which has been placed 3 tablespoons of blackberry jelly or jam. Pour in mixture, cover with greased paper and steam for 1½ hours. Turn out, pile whipped cream on top, and serve with vanilla sauce.

Use Gargoyle Flurit, the ideal mop oil.



Sultana Cake Pie

This is light yet nourishing, and has a "party-ish" flavour. Left-overs can be eaten cold.

3 oz. Self-raising Flour
1½ oz. Sugar
2 tablespoons Golden Syrup
Little Milk
½ lb. Short Crust Pastry
1½ oz. Butter or Margarine
2 oz. Sultanas
½ Egg (or equivalent in egg substitute)
Lemon Essence

Roll out the pastry, and cut to fit tin or fireproof plate. Save trimmings, roll out thinly and cut into strips. Cream butter and sugar together, add egg. Stir in flavouring and sufficient milk to make a good dropping consistency. Sprinkle the sultanas over the bottom of the container, and drizzle the syrup on top. Put in the cake mixture, spread evenly. Criss-cross the strips of pastry over the mixture. Put in a fairly hot oven for about 40 minutes, lessening the heat a little after the first 20 minutes. Sufficient for six persons of either sex.

Baked Lemon Pudding

1 tablespoon of Butter
¾ cup Sugar
2 tablespoons Plain Flour
Juice and Rind of 1 Lemon
2 Egg Yolks
1 cup Milk
2 Egg Whites

Cream butter and sugar. Add flour, juice and rind of lemon, add yolks of eggs and milk, lastly egg whites, stiffly beaten. The ingredients must be put together in this order. Pour into a buttered pie dish, stand in dish of water and bake slowly for one hour. This pudding then will be cake mixture on top and lemon sauce underneath.

Fruit Floss

A nice hot weather dish may be made as follows:—

1 tablespoon Gelatine
1 cup Cold Water
Juice of 1 Lemon and 2 Oranges, to 1 cup Water
1 tablespoon Plain Flour (moistened like paste)

Dissolve gelatine in cold water. Add orange and lemon juice and

More candlepower in your hollow-wire set with Vaclite.

plain flour paste. Place in pan and bring to boil, stirring in gelatine till all dissolves. When quite cold, beat to a stiff froth, add pulp of 6 passion fruit and pour into a glass dish to set. Serve next day with stewed fruit and cream.

Cream Lilies

3 Eggs
1 cup Sugar
1 cup Self-raising Flour

Separate the yolks and whites, beat yolks and sugar till creamy. Whip white stiff, add yolks and sugar when nicely blended, add flour. Drop the mixture in tablespoons on greased baking slide and bake till nicely brown. Make into lilies before quite cold. Fill with whipped cream and put small square of jelly in the middle.

Fig Pudding

½ lb. Figs
½ lb. Breadcrumbs
½ lb. Flour
½ lb. Brown Sugar
6 ozs. Shredded Suet
2 Eggs
½ pint Milk
½ teaspoon Salt
A little Lemon Peel

Sieve the flour and salt into a basin. Chop figs finely. Add them and the suet to the flour, also the crumbs and sugar. Mix these dry ingredients together. Beat up the eggs, add the milk, then stir these into the other ingredients. Put the mixture into a well-greased basin, cover it with a scalded and floured cloth, and boil it for three hours.

Crusty Apple Charlotte

1½ lb. Apples
Water
5 or 6 thin slices of Bread and Butter (Margarine)
1 tablespoonful of Golden Syrup
1 teaspoonful of Lemon Juice
Sugar to taste

Peel and slice the apples, put them into a pan with a tablespoonful of cold water and stew them to a mash, adding a little more water if necessary, but only enough to prevent them sticking to the pan. Stir frequently during cooking to prevent the apples burning. Sweeten to taste.

Meanwhile grease a dish and line with some thin slices of bread and butter. Fill with the apple mixture and lay the remaining pieces of bread and butter on the top—butter side uppermost. Cover with a tablespoonful of golden syrup and sprinkle with a few drops of lemon juice. Bake in a moderately hot oven until it is golden brown and crisp—½ to ¾ hour.

Laurel is the ideal cleaner for baths and other porcelain ware.

National Pudding

10 tablespoons Flour
4 tablespoons Sugar
2 tablespoons Butter
1 teaspoon Cocoa
1 teaspoon Bicarb. Soda
Little Sour Milk

Cream butter and sugar, add flour, cocoa and bicarbonate of soda, mix with sour milk, put into greased coffee tins and steam for 2 to 2½ hours.

Plum Pudding

1½ cups Suet
1 cup Seeded Raisins
1 cup Stale Breadcrumbs
1 cup Flour
Grated Rind 1½ Lemons
½ teaspoon Ground Ginger
6 Eggs
1 cup Currants
1 cup Sugar
¼ cup Brandy
1 teaspoon Cinnamon
½ teaspoon Nutmeg
1 cup Mixed Peel

Chop the suet finely; add the lemon rind, sugar, spices, flour and breadcrumbs, and moisten with the well-beaten eggs and brandy. Turn into well-greased mould and steam for eight hours. This pudding will keep for over a year. Before using it should be boiled for an hour.

Egyptian Pudding

1 cup Sugar
3 tablespoons Dripping or Butter
3 tablespoons Jam
2 heaped teaspoons Mixed Spice
1 lb. Stoned Dates or Seeded Raisins
Pinch Salt
½ lb. Flour
2 teaspoons Carb. Soda dissolved in 1 cup Milk, or a little more

Mix in the ordinary way, and steam for 2½ to 3 hours.

Quick Fritters

This is a handy dish for hurried times, and the ingredients should not present difficulties.

1 breakfast cup of Raw Potato, grated
3 tablespoons Flour
2 level tablespoons Powdered Milk
Salt and Pepper
Slices Cooked Sausage
Cooking Fat

Mix flour, milk powder, salt and pepper together. Pour off most of the starchy liquid from the grated potato, and stir the solid part into the flour. Make the fat hot in the pan, and drop spoonfuls of the fritter mixture into it. Brown on one side, then cook on the other. The smaller and thinner the fritters are, the quicker they will be cooked. Heat slices of

Rid your home of insect pests with Flit, which now contains D.D.T.

sausage in the same pan and dish up together.

Chopped parsley or other herb can be added to the fritters. The quantity given is enough to serve four people.

Apple Charlotte

4 Cooking Apples
½ cup Sugar
A slice of Lemon
Thin Bread and Butter

Stew cooking apples with the sugar and lemon. Line pie-dish with the bread and butter. Place the hot apple in the dish with more bread and butter on top. Place in oven and leave until the top is nicely toasted. Serve with cream or custard.

Passion Fruit Flummery

6 Passion Fruit
Juice of 2 Lemons
Juice of 2 Oranges
2 cups Water
1 cup Sugar
1 tablespoon Gelatine
1 tablespoon Plain Flour

Boil water, sugar, gelatine and flour for 3 minutes, then add juice of lemons and oranges and stand aside to cool. When cool whisk with egg-beater for 20 minutes until it is white and thick, then stir in passion fruit and put in ice to set.

Spanish Cream

1½ dessertspoons Gelatine
2 cups (1 pint) Milk
4 dessertspoons Sugar
¼ cup Hot Water
2 Eggs
Essence of Vanilla

Beat yolks of eggs and sugar together; add to milk. Heat until the mixture boils and coats the spoon. Remove from the fire. Dissolve gelatine in hot water, add to the mixture. Beat egg whites until stiff and stir into the mixture. Flavour to taste and pour into a mould. Remember, the custard must boil or it will not separate. It should only just boil; do not keep it cooking. Place in ice chest or refrigerator.

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Laurel Kerosene is a necessity in every home.

Hygiene in the Home

Hygeia was the Goddess of health, Health personified. Hygiene is the science of sanitation and what wonderful success has attended the efforts of our health authorities in the scientific triumph over disease! Freedom from such things as small pox and plague are the reward of constant vigilance.

We are a clean and healthy people, we Australians. Overseas visitors have complimented us on the cleanliness of our homes, which they tell us, is not to be surpassed by that of any other homes in the world. Well, we must not let the standard fall. Constant Vigilance must be our Watchword.

Disease may come to us in many ways and through many agencies but the commonest, yet greatest, menace to the health of our children is the common house-fly and blow-fly. The fly must be regarded as more than merely a "nuisance" —it is *deadly.*

Flies feed in the filthiest places: manure heaps, rubbish tins, and rotting vegetation, places simply teeming with bacteria.

They feed in the filthiest way, too, by regurgitation, which is to slobber on their food to soften it then to suck it up again. This process repeated means that the flies' saliva becomes full of bacteria. They are then attracted to your home by the smell of cooking and in they fly to deposit germs on your children's food upon which they repeat the regurgitation process. No wonder that doctors say they are deadly.

The one.best way to kill these filthy flies is to spray them with Flit. Of all the insect sprays this is the one that *kills* quickest and best. When an insect (fly, flea, moth, mosquito, cockroach, bug, ant or silverfish) is killed by Flit it stays killed! Flit gives them a "knock-out" punch from which they never recover. They are poisoned by secret ingredients in the Flit formula which though deadly to all insects is harmless to humans.

A "shot" from the Flit gun sprayed into the wardrobe will end your worries about moths and silverfish yet not do the slightest harm to even delicate fabrics. Wherever you may spray it, and wise housewives spray it freely all through the house in the summer, no stain or damage will occur.

It is packed in 8-oz. and 16-oz. bottles, also 32-oz. and 160-oz tins and obtainable from your local storekeeper.

Flit, the world famous insect spray, is now stronger than ever as it contains Thanite and Pyrethrum as well as D.D.T.

Refrigerator Dishes

Arctic Pudding

1 tablespoon Gelatine
1 cup Sugar
¼ cup Lemon Juice
Whites of 3 Eggs

Soak gelatine in cold water, dissolve in boiling water. Add sugar and lemon juice. Strain and set aside to cool. Stir occasionally and when it thickens beat with a whisk until frothy. Add stiffly-beaten whites of eggs and continue beating until mixture is stiff enough to hold its shape. Mould and place in refrigerator to chill. Serve with cream or cold custard.

Vanilla Ice Cream

¾ cup Condensed Milk
½ cup Water
1½ teaspoons Vanilla
1¼ cups Cream (which has already been beaten)

Mix condensed milk with water. Add vanilla and set in refrigerator to chill. When cold, add cream. Place again in refrigerator and when partially frozen remove and stir thoroughly. Return to refrigerator and freeze until hard.

Pineapple Cream

Small tin Crushed Pineapple
1 cup Sugar
1 tablespoon Butter
1 tablespoon Cornflour
2 Eggs
Whipped Cream
Nuts

Drain juice from pineapple, and if not one cup make it up with water. Put pineapple, juice, sugar and butter into saucepan. Bring to the boil, add blended cornflour, and cook for two minutes after it boils. Remove from heat and stir in the two yolks of eggs, beating in well. Leave till cool, then add the well-whisked whites. Chill in refrigerator. Serve in individual dishes. Garnish with whipped cream and chopped nuts.

Coffee Marshmallow

14 Marshmallows
Strong cup of Hot Black Coffee
1 pint Whipped Cream

Melt marshmallows in coffee. When cold, fold in cream. Place in refrigerator until cold.

Kerosene Refrigerator Manufacturers recommend Laurel.

Passionfruit Souffle

1½ dessertspoons Gelatine
3 Eggs
⅔ cup Passionfruit Pulp
½ cup Sugar
1 dessertspoon Lemon Juice
⅓ cup Hot Water
¼ pint Cream
Pinch of Salt

Beat yolks of eggs, add lemon juice, sugar and salt, cook in a double boiler until slightly thickened. Remove from the fire. Dissolve gelatine in hot water, add to the mixture, add passionfruit. When thickening slightly, add cream and whites of eggs, beaten stiff. Place in a wet mould. Serve garnished with whipped cream and passionfruit. Place in ice box or refrigerator.

Snowflake Cream

1½ dessertspoons Gelatine
½ cup Desiccated Cocoanut
1½ cups (¾ pint) Milk
½ cup Hot Water
3 dessertspoons Sugar (or more)
2 Eggs
Vanilla Essence
Pinch of Salt

Heat milk. Beat egg yolks, add sugar and stir into milk. Cook until thickening. Remove from fire. Leave until cold. Dissolve gelatine in hot water, add to the mixture. Beat egg whites and salt; add to custard mixture. Fold in the cocoanut and flavouring. Line a mould with any fruit in season, and pour in the mixture. Set in ice-chest or refrigerator.

Hard Sauce

⅓ cup Butter
1 cup icing sugar
⅓ teaspoon Lemon Flavouring
⅔ teaspoon Vanilla

Cream butter and add icing sugar gradually. Cream well together then add lemon flavouring and vanilla. Chill. Delicious with puddings.

Fruit and Tapioca Mould

Soak ¾ cup Tapioca in water overnight
1 tin Pineapple with Syrup and Juice
Juice of 1 Lemon
1½ cups Sugar
Salt to taste
2 Egg Whites (which have been stiffly beaten)

In morning, drain water off tapioca and add pineapple, lemon juice also sugar and salt to taste. Steam until clear for about 2 hours, then add 2 egg whites (which have been stiffly beaten) to mixture while hot. Set out to cool. Serve with whipped cream. Any other fruit may be used.

Laurel is the kerosene that freezes best.

Fruit Mould

Slices of Bread, Cake or Biscuits
Stewed Fruit

Line a basin or mould with slices of bread, cake or biscuits, fill up the centre with boiling stewed fruit. Place more slices on top, cover the whole with the fruit syrup, which must be boiling. Cover up and see that the lining and top are well saturated with the syrup. Freeze or stand in a cool place overnight, keeping same as cool as possible. When set, turn out on to a glass dish and serve with custard or cream.

Aussie Ice Cream

1 oz. Cornflour
1 pint Milk
4 ozs. Sugar
2 Eggs
½ pint Whipped Cream
Vanilla, Coffee or Lemon Flavouring

Blend the cornflour with a small quantity of the milk till smooth, then add the rest and put it into a saucepan with the sugar. Boil for three minutes, stirring all the time. Take it off the fire, add the yolks of eggs and then cook gently for a moment. Let this cool, stir in the whipped cream and the whites of eggs stiffly-beaten. Flavour to taste with vanilla, coffee essence or fruit juice. Freeze and serve.

Crayfish Mould

1 dessertspoon Gelatine
1 Crayfish
1 cup (½ pint) Hot Water
1 teaspoon Mustard
1 tablespoon Vinegar
Salt and Cayenne Pepper

Take the meat from a cooked crayfish and mix with mustard, pepper, salt and vinegar. Dissolve gelatine in hot water and let cool until it begins to set, then whip until quite spongy, add crayfish and other ingredients, mix well, and place in refrigerator.

Asparagus Tip Salad

3 dessertspoons Gelatine
1 tin Asparagus Tips
1 teaspoon Salt
White Heart of 2 Sticks Celery
Crisp Lettuce
Salad Dressing
1 Lemon
Water

Drain liquid from asparagus, and add to it enough water to make 3 cups (1½ pints). Add salt, celery, juice of 1 lemon, pepper. Bring to boiling point. Add gelatine, stir until dissolved. Line a fluted mould with tips; cut up finely a little celery and asparagus. Mix with liquid and pour into mould and place in refrigerator. Serve on lettuce leaves or shredded lettuce with mayonnaise dressing.

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Summer Sauce

1 Egg Yolk
½ cup Sugar
½ cup Whipped Cream
Well-beaten White of Egg
1 teaspoon Vanilla Flavouring
Pinch of Salt

Beat egg yolk and add sugar. Blend well and fold in whipped cream. Add the well-beaten white of egg and fold into mixture. Add vanilla flavouring and salt. Place in refrigerator to chill.

Charlotte Russe

1 tablespoon Gelatine
¼ cup Cold Water
⅓ cup Scalded Milk
½ pint Cream
1½ teaspoons Vanilla
⅓ cup Castor Sugar

Soak gelatine in cold water, dissolve in scalded milk, strain into a bowl, add sugar and vanilla. Chill and turn occasionally until it begins to thicken. Fold in whipped cream, adding one-third at a time. Should gelatine mixture become too thick, melt over hot water and again cool before adding cream. Line mould with lady fingers or slices of sponge cake and turn mixture into mould, then chill.

Pineapple Ice Cake

½ cup Sugar
½ cup Water
4 Beaten Egg Yolks
½ lb. Butter
2 cups Icing Sugar
1 tin, Strained, Crushed Pineapple
1 teaspoon Vanilla
Sponge Fingers

Boil sugar and water. Add egg yolks, cook until thick, and set aside to cool. Cream butter and icing sugar. Add pineapple and combine with sugar and egg mixture. Add vanilla and fold in the stiffly-beaten egg whites. Line sides and bottom of a mould with sponge fingers. Pour over half the mixture, add another layer of sponge fingers, then the rest of the mixture, and lastly a layer of sponge fingers. Leave in refrigerator for 24 hours. Loosen edges with a knife and turn out on to a serving platter. Coat top and sides with a thick layer of sweetened whipped cream and decorate with bottled cherries.

Pineapple Delight

2 tablespoons Gelatine
½ cup Cold Water
2 cups Grated Cooked Pineapple
½ cup Sugar
1 tablespoon Lemon Juice
½ pint Cream

Soak gelatine in cold water, add sugar and dissolved gelatine, also

For best results use Laurel in your Kerosene Refrigerator.

lemon juice, to heated pineapple. Chill, stirring occasionally. When it begins to thicken, fold in cream or whites of egg beaten stiff.

Sunlight Dream

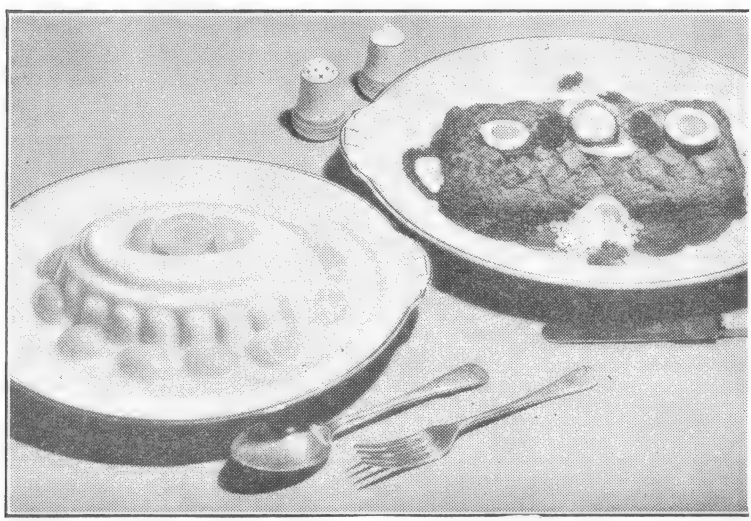
(Illustrated)
1½ pints Milk
1 pint packet of Custard Powder
1 tablespoon Sugar
1 teaspoon Gelatine
A few Tinned Apricots
1 measure of Custard Powder

Make the mould first. Put a pint packet (or two measures) of custard powder into a basin, and mix into a smooth paste with milk. Set rest of milk in saucepan to boil; add the sugar. While boiling, pour on to the mixed custard powder and stir well. Dissolve gelatine in a little warm water and stir well in. Have a mould rinsed out with cold water, pour in mixture, and leave till next day to turn out. Make another half pint of custard. Next day turn the set mould on to this and decorate with fruit, as shown.

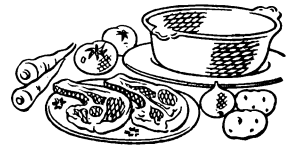
Italian Cream

1 pkt. Jelly
3 Eggs
3 tablespoons Sugar
2 large cups Milk

Boil milk and sugar, take from stove and add beaten egg yolks. Stir in jelly which has been dissolved in 1 cup boiling water. Put back on stove and bring to boil. Boil for few minutes, take from stove and add beaten egg whites. Pour into wet mould. Serve with custard.



Savoury Dishes



Tomato, Rice and Cheese Savoury

4 ozs. Boiled Rice
Tomatoes
1 Egg
1 cupful Milk
6 ozs. Grated Cheese
Pepper and Salt

Grease a pie dish. Skin and slice the tomatoes thinly. Fill the dish with alternate layers of rice, cheese and tomatoes, seasoning if you desire. Beat up the egg with the milk and pour over. Bake in a moderately hot oven and send to table very hot.

Steamed Mince

Mince Meat
Fine Breadcrumbs
1 Apple
1 Onion
2 Eggs

Mince as much meat as is required, allowing 1 cup fine breadcrumbs to 2 cups meat. Add apple and onion both minced. Bind with the eggs, well beaten. Place in greased aluminium or enamel basin with a lid, and steam in a saucepan 1 to 2 hours. Sliced tomatoes can be placed on top before cooking. Serve on toast.

Mushroom Pies

Short Pastry
2 lb. Mushrooms
Pepper and Salt

Wash and peel the mushrooms, and put on to boil. When cooked, thicken; and add pepper and salt to taste. Have patty tins lined with pastry and put a dessertspoonful of mixture in each. Cover with pastry, and bake in a moderate oven.

Potato Sausage Rolls

6 oz. sieved Cooked Potatoes
3 oz. Flour
¾ oz. Fat
Pinch of Salt
½ lb. Sausage Meat

These can be made overnight and re-heated in the morning.

Put flour and salt into a basin, rub in the fat, then rub in the potato lightly. Mix into a stiffish dough with a little water. Knead well, roll out, and cut into oblongs. Put a roll of well-seasoned sausage meat in the centre of each and fold so that one edge overlaps the other. Bake in a moderate oven for 20 minutes.

Laurel Kerosene is best for heating.

The Kerosene Refrigerator

No doubt you find your kerosene refrigerator a great boon not only because it keeps your food fresh and free from deterioration, but because of the other comforts it brings in the shape of ice cubes for cool drinks and ice-cream for children.

These are among the tremendous trifles that make life happier . . . But it is well to remember that this type of refrigerator depends upon kerosene for its operation of drawing the heat out of the cabinet and out of the food stored in it. The efficiency with which it will do this is dependent upon the quality of the kerosene you use.

From your instruction books no doubt you will have learned that the ideal storage temperature for food stuffs normally consumed in the home leaves you approximately only 5 deg. F. variation. This calls for a quality in the kerosene that you will find in a superlative degree in Laurel—Laurel's flame is steady and unvarying!

Obviously the flame must not go out, for then your refrigerator instead of being one of the blessings of the present age, almost immediately becomes merely an expensive pantry. Once set to the temperature you require for the healthy preservation of your food stuffs, a very high quality kerosene such as Laurel will burn to the last drop without smoke, soot or smell. Laurel has been famous for decades for the steadiness with which the Laurel flame burns, and the consistency of the heat given off by it.

There is a parallel to be drawn between the refrigerator and an incubator—except that in the incubator there is a still smaller margin permissible in variation of temperature. The temperature of a broody hen during incubation does not vary more than 2½ deg. F. Therefore, when we tell you that for many years past Laurel Kerosene has hatched more chickens than all the other brands of kerosene put together, you will realise what a remarkably fine job Laurel does.

Laurel will give in your refrigerator a steady flame, remaining as set day and night, with a minimum of attention to the wick so long as any Laurel remains in the tank. Laurel is free from the minute specks of carbon common to inferior kerosenes, and it will not, therefore, clog the wick, but keep it clean and free from hard char.

Because of its purity and cleanliness you will have no smelly flue gases, nor indeed odors of any kind. These are annoying troubles to be met with in kerosenes that do not climb the wick at the correct speed, thus permitting the flame actually to burn the cotton threads at the tip of the wick, giving very indifferent combustion. Remember it is the kerosene that climbs the wick that does the work, and Laurel is the most efficient wick-climber of any you can buy.

We strongly urge you to use Laurel Kerosene in your refrigerator. We know that your desire is to obtain from these splendid machines all that the manufacturers have promised you. You will achieve all this only with a very high quality kerosene such as Laurel—which is again available—and better than ever.

Sausage Roll with Cole Slaw (illustrated)

1 lb. Sausage Meat
¾ lb. Short Crust
1 small Onion
Pinch of Sage
Thick Brown Gravy
4 tablespoons Household Milk
½ teaspoon each Mustard and Sugar
Salt and Pepper
Vinegar

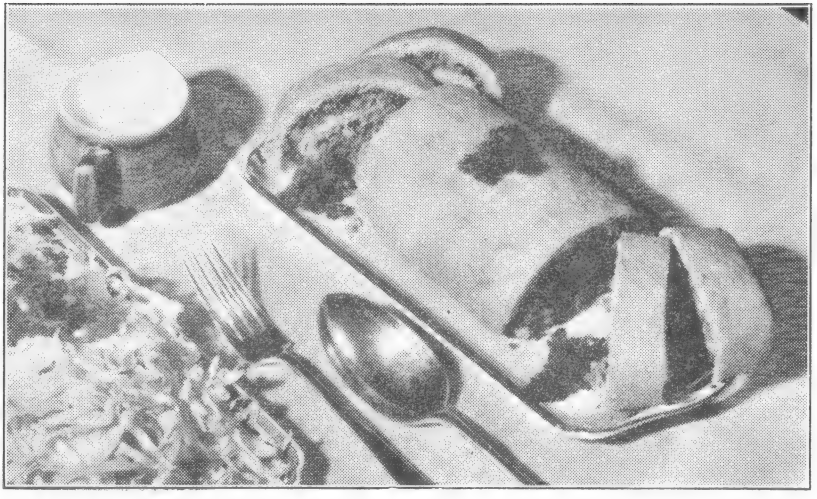
Roll out the crust and spread it with a thin coating of gravy. Mix the sausage meat with the sage and finely chopped onion, spread it on the crust, and roll up like a Swiss roll. Bake on a greased tin in a brisk oven. Allow to get cold.

For the cole slaw, shred the heart of a cabbage finely, wash and dry it and put it in a cold place to get crisp. Thoroughly mix household milk with 2 tablespoons each of water and vinegar, mustard and sugar. Season to taste. Dress the cabbage with this before serving.

Bacon and Egg Pie

Puff Pastry
4 or 5 Raw Eggs
Bacon

Line enamel plate with puff pastry; break in four or five raw eggs. Cut bacon into small pieces and sprinkle on egg. Cover with pastry, prick to allow steam to escape, brush over and prick edges with scissors. Bake in hot oven 20 minutes.



Salmon Luncheon

Small tin of Salmon
½ cup Boiled Rice
1 dessertspoon Vinegar
Pepper and Salt
¼ cup Flour

To contents of small tin of salmon add ½ cup boiled rice, the vinegar, pepper and salt and flour. Mix well, roll into balls—dip in egg and breadcrumbs and fry in a little fat or butter until brown.

Tasty Breakfast Dish

Two Sheep's or a Beef Kidney
2 tablespoons Macaroni

Cut up kidneys, season to taste and cook in a little water until tender. Boil macaroni in salted water for 20 minutes. When cooled, drain and add to the kidney. Bring all to boil and thicken with a little cornflour.

Savoury Custard

2 tablespoons Grated Cheese
2 tablespoons Breadcrumbs
1 White of Egg
2 Egg Yolks
¼ pint Milk
Pepper and Salt

Mix grated cheese and breadcrumbs. Beat up white and yolks of eggs. Add milk, pepper and salt. Butter small pie dish and pour in mixture. Put a couple of dabs of butter on top before putting in oven. Bake 20 minutes.

Beef Olives with Mushrooms

(illustrated opposite page)

1 lb. Beef (cut in thin, oblong slices)
1 oz. Dripping
¾ pint Stock, or Gravy
1 Small Onion
½ lb. Sausage Meat
1 oz. Flour
¼ lb. Button Mushrooms
Seasoning
1½ lb. Potatoes

Trim the pieces of meat and beat flat with a rolling-pin. Put a portion of sausage meat on each and roll up. Tie in place with a piece of thread, which should be removed before serving. Coat each "olive" in seasoned flour, and fry with the sliced onion in the dripping until lightly browned. Drain off the dripping and pour in the stock or gravy. Cover, and simmer gently for about 1½ hours until the meat is tender. Add the peeled mushrooms and scraped stalks about 30 minutes before dishing up.

Meanwhile, cook and cream the potatoes. Turn on to a hot dish and arrange the beef olives on top. Border with whole mushrooms and chopped stalks. Serve gravy separately. Sufficient for 4 portions.

Use Vacuum Dry Cleaner for your home cleaning.

Lobster A La Neuburg

1 oz. Butter
1 oz. Flour
1 cup Milk
2 well-beaten Egg Yolks
Chopped Lobster
Pepper and Salt

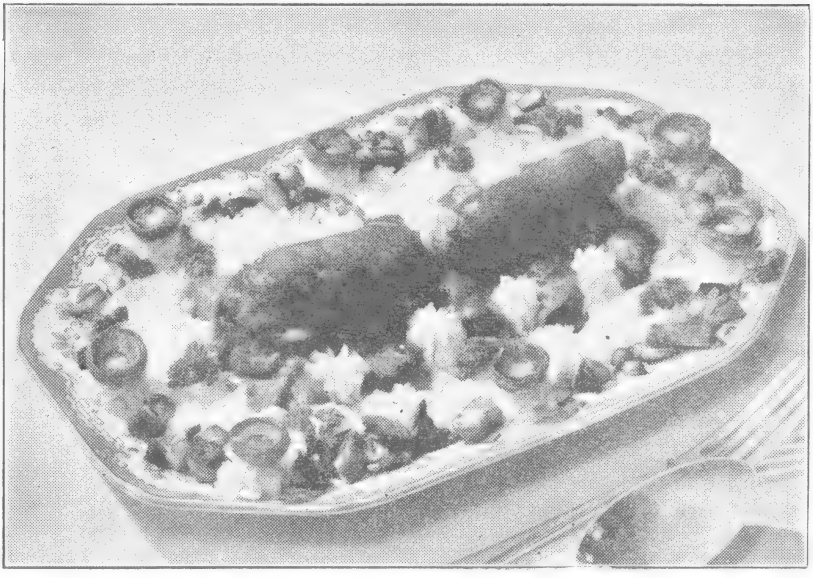
Make a white sauce by melting butter and flour together in a saucepan. Add milk and bring to the boil, stirring till it thickens. Allow to boil for a minute or two. Remove from the fire and add the well-beaten yolks of the eggs. Return to the fire for a few minutes till the egg is cooked, but do not allow to boil again. Add pepper and salt. Mix in the chopped lobster, serve thoroughly hot on small squares of buttered toast.

Hare Haselet

A very economical dish for districts where hares are plentiful.

1 Hare
¼ small loaf Bread
½ lb. Bacon
1 Onion
1 cup Flour
Dried Herbs
Pepper and Salt

Cut the meat off the bones, and mince. Add bread, bacon, onion —all minced—flour, and season with herbs, pepper and salt. Mix well together and form into two big rolls. Put into greased meat dish with a slice of bacon on each roll and cover with another dish. Bake in moderate oven about 2 hours.



Welsh Rarebit

(For Two People)

¼ lb. Grated Cheese
½ oz. Butter
1 tablespoon Milk
Pinch Salt
1 dessertspoon of Worcestershire Sauce
1 tablespoon of Tomato Sauce
Pinch of Cayenne Pepper
1 Egg

Grate cheese into saucepan, add butter, milk, salt, Worcestershire sauce, tomato sauce and cayenne pepper. Stir until cheese is melted then add well-beaten egg. Cook slowly for a few minutes then serve hot on buttered toast.

Savoury Steak

1½ lb. Rump Steak (thickly cut)
1 teaspoon Sugar
½ teaspoon Dry Mustard
2 Onions
1 tablespoon Vinegar
1 dessertspoon Worcester Sauce

Mix the mustard and sugar and rub into steak, and place steak in casserole. Place sliced onions on top. To the vinegar and sauce add sufficient water to fill one cup and pour over steak, taking care to see it is covered. Cook slowly in moderate oven for 1½ to 2 hours. (Sufficient for four.)

Ragout of Rabbit

1 Rabbit
¼ lb. Ham or Bacon cut into dice
2¼ ozs. Butter
1½ ozs. Flour
1½ pints of Stock
1 Onion, finely chopped
Salt and Pepper

Divide the rabbit into neat joints. Heat the butter in a stewpan, fry the pieces of rabbit until nicely browned, then remove and keep it hot. Fry the onion slightly then sprinkle in the flour, cook slowly until well browned and add the stock. Stir until boiling, season to taste, replace the rabbit, put in the ham or bacon and cover closely. Cook very gently for about 1 hour or until rabbit is tender, then serve with the sauce strained over.

Salad Dressing

1 teaspoon Mustard
1 teaspoon Salt
1 teaspoon Flour
2 dessertspoons Sugar
Not quite ½ cup Vinegar
1 Egg Yolk
1 dessertspoon Butter
½ cup Milk

Mix dry ingredients with milk, add vinegar, egg and butter. Stir over very slow fire until thickened —put on ice and serve cold (will keep a week).

When buying petroleum products, look for the

Tomato and Egg on Fried Bread (illustrated)

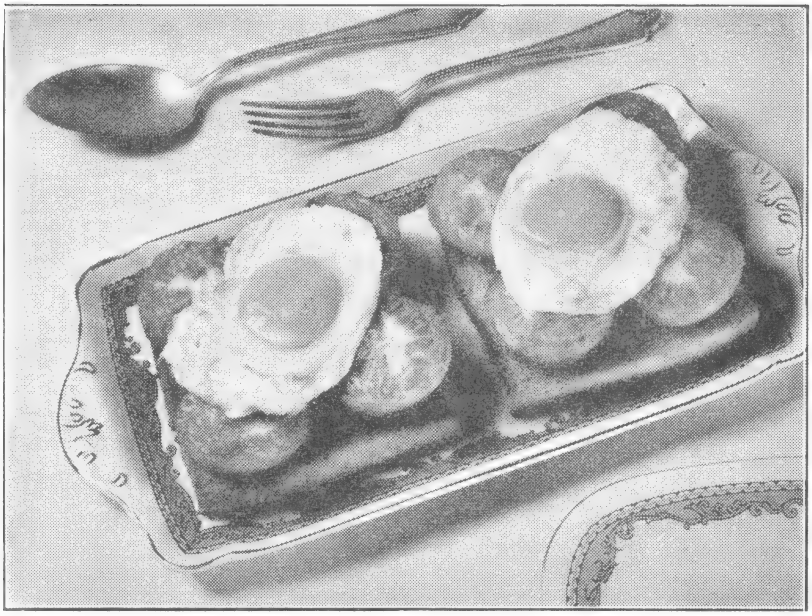
4 Tomatoes
2 Thick Slices of Bread
2 Eggs
2 or 3 ozs. Beef Dripping
Salt and Pepper

Stalk, wipe and halve the tomatoes. Fry them gently till they are tender, in half an ounce of dripping. Melt the remainder of the dripping in another pan. Add the bread and fry it slowly until it is beginning to brown, turning it over once or twice. When the bread is ready, lift it on to a hot dish and top it with the fried tomatoes. Sprinkle these with pepper and salt and keep the tomatoes on toast warm, while the eggs are frying. Then top each tomato toast with a fried egg.

For a change, the fried egg can be served on the fried bread without the tomatoes; or the fried tomatoes can be served alone on the fried bread.

Laurel's Handy Containers

Ask your storekeeper for one of the handy ½ gallon or quart Household Containers. Laurel is also sold in attractive 4 gallon drums and tins.



Stuffed Vegetable Marrow

1 Vegetable Marrow
1 teaspoon Chopped Parsley
3 oz. Breadcrumbs
1 lb. Minced Beef
1 teaspoon Chopped Herbs
1 gill White Sauce to bind mixture
Little Worcestershire Sauce

Put beef through the mincing machine, mix it with the breadcrumbs, parsley, sauce and herbs. Mix them with the white sauce and season them well. Peel the marrow thinly, cut off a piece from the top and with a spoon scoop out the seeds. Put the mince into the centre and fasten it with string and put it on a well-greased baking tin or in a casserole. Cover it with another tin or put the lid on the casserole, and bake in a moderate oven for ½ to ¾ hour, or until the marrow is tender. Remove the paper and string from the marrow, place it on a hot dish. Garnish it with a little parsley and serve hot with thick gravy.

Yorkshire Supper Dish

½ lb. of Sausages
4 New-laid Eggs
4 Tomatoes

Remove the skins from the sausages. This is best done by slitting them up one side. Divide the meat in four and shape them in round flat cakes. (It may be necessary to flour the hands a little while doing this.) Brush them with beaten egg, and coat them in breadcrumbs. Fry a crisp golden brown in hot fat. When done, drain them well. Take four tomatoes and cut a slice off both ends of each. Have the eggs hard-boiled, shell them and cut a little off one end of these also, so that they stand firm. Place the sausage cakes in a dish, arrange on each a tomato and then on each tomato an egg.

This dish may also be served hot by heating the cakes and eggs and grilling the tomatoes gently.

Onion Au Gratin

1 lb. Spanish Onions
Grated Cheese
Pepper and Salt

Boil onions until tender, then mince them. Grease the bottom of a Pyrexware dish and cover with a layer of onion, then sprinkle with grated cheese, pepper and salt. Repeat in alternate layers until the dish is filled, finishing with a layer of cheese. Sprinkle the top with breadcrumbs and small pieces of butter and set in a hot oven for ten minutes.

Flit kills flies, mosquitoes, bugs, and cockroaches.

Mushrooms and Spaghetti

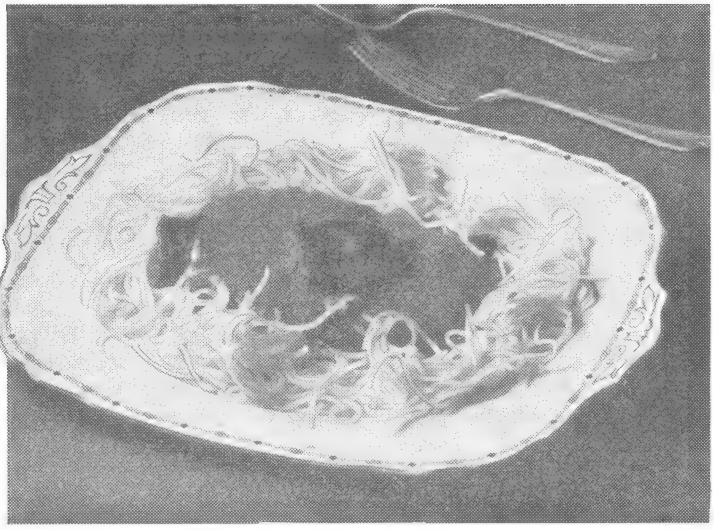
¼ lb. Spaghetti
2 oz. Butter
1 Onion
¼ pint Stock and Seasoning
1 lb. Mushrooms

Cook spaghetti in boiling salted water until tender, then drain it well. Melt butter in saucepan, chop onion finely and add. Cook for a few minutes then add stock and seasoning. Peel mushrooms and, if large, cut them in halves. Add them to the stock, etc., and simmer gently until the mushrooms are tender (they will probably take 10 to 15 minutes). Arrange the spaghetti as a border round a hot dish and pour the mushroom mixture in centre. Serve very hot.

Poached Eggs and Peas

½ pint, or more, of Peas
Fresh Egg for each person
Sugar
Salt to taste
Sprig of Mint

Wash and carefully examine the peas, and cook them in plenty of fast-boiling water, with a tablespoon sugar, salt to taste, and a sprig of mint. If water be hard, add a good pinch of carb. soda. When tender, drain water, add lump of butter and a dusting of pepper. Arrange peas in a dish and keep hot. Make a neat round of buttered toast for each egg. Put a poached egg on each round, and place these on peas. Serve very hot.



Special American Poultry Recipes

(Supplied by the United States Information Library)

Poultry Stuffings

All poultry stuffings are made on the same general principle. First there is a starchy base: breadcrumbs or flaky boiled rice or well-seasoned mashed potatoes. Second, melted butter or some other good-flavoured fat is added for richness. Then comes the seasoning. Among the herbs, marjoram, thyme and sage are the favourites. There are also the seasoning vegetables—celery, parsley and onion. Other interesting additions to the stuffing are nuts, oysters, mushrooms, dried apricots, prunes and raisins.

Stuffings are either dryish, that is made of medium dry crumbs, without milk or water, or they are of the moist type built on a foundation of rice, potatoes or breadcrumbs with added liquid.

Savoury Stuffing

(10 to 12 lb. Turkey)

¾ cup Butter or other Fat
1 pint Chopped Celery
½ cup Chopped Parsley
1 Small Onion, chopped
2 to 2½ quarts Breadcrumbs
1 to 2 teaspoons Mixed Herbs
1 to 2 teaspoons Salt
Pepper to taste

In the melted fat cook the celery, parsley, and onion for a few minutes. Add to the breadcrumbs and dry seasonings and stir all together.

If desired, add nuts—chestnuts, hazelnuts or blanched almonds. To prepare chestnuts, boil them in water to cover for 15 minutes, and peel off the shells and brown skin with a sharp knife while the nuts are still hot.

Rice and Apricot Stuffing

(5 lb. Duck)

3 tablespoons Butter or other Fat
1 cup Chopped Celery (mixed stalks and tops)
1 sprig Parsley, chopped
1 small Onion, chopped
3 cups flaky, Boiled Rice
½ teaspoon Savoury Seasoning
Salt to taste
¼ lb. Dried Apricots

In the melted fat cook the celery, parsley, and onion for a few minutes. Add to the rice and dry seasonings. Wash and dry the apricots—which should be plump and tender—then cut into strips with scissors, and mix with the rice and seasonings.

Laurel Kerosene burns with a soft, white light.

Oyster Stuffing

(10 to 12 lb. Turkey)

1½ pints oysters
¾ cup Butter or other Fat
⅛ cup Chopped Parsley
1 tablespoon Chopped Onion
2 to 2½ quarts Breadcrumbs
½ teaspoon Savoury Seasoning
¼ teaspoon Celery Salt
1 to 2 teaspoons Salt

Heat the oysters gently for a few minutes; then drain off all the liquor. In the melted fat, cook the parsley and onion for a few minutes, then add these ingredients and the drained oysters to the breadcrumbs and dry seasonings.

Celery Stuffing

(10 to 12 lb. Goose)

½ cup Butter or other Fat
1 cup Chopped Parsley
1 cup Chopped Onion
2 quarts Breadcrumbs
1 quart Chopped Celery (mixed stalks and tops)
½ teaspoon Mixed Herbs
1 to 2 teaspoons Salt
Pepper to taste

In the melted fat cook the parsley and onion for a few minutes and add to the breadcrumbs, raw celery and seasonings.

Casserole Fowl with Vegetables

(4 to 5 lb. Fowl)

Salt and Pepper
Flour
2 tablespoons Butter or other Fat
3 carrots
1 bunch Celery
1 Onion
1 Green Pepper
1 cup Hot Water
1 cup Milk

Cut up the fowl, season with salt and pepper, sprinkle with flour, and brown in the fat in a frying pan. Remove the browned pieces to a casserole. Chop the vegetables, and pour them into the frying pan to let them absorb the browned fat. Then transfer them to the casserole with the chicken, add a cup of hot water, and cover. Cook in a slow oven until the bird is tender. Add more water from time to time if necessary.

Just before serving, remove the pieces of fowl, and skim off excess fat from the mixture of broth and vegetables. With 2 tablespoons of this fat mix an equal quantity of flour and add with the milk to the contents of the casserole. Cook for 10 minutes longer, season to taste, and pour the vegetable sauce over the fowl, or replace the pieces of meat in the sauce and serve from the casserole.

Banish squeaks around the house with Vacuum Handy Oil

Curried Fowl with Carrots and Cocoanut

A Fowl
½ cup of Sliced Onion
3 tablespoons Fat
3 tablespoons Flour
¼ teaspoon Curry Powder
Salt to taste
2 cups of Cooked Shredded Carrots

Disjoint fowl into pieces for serving. Place pieces in saucepan and add water and a little salt. When tender—remove the pieces from the broth. Skim the fat from the broth. Cook onion in the fat for a few minutes, stir in flour; add slowly, stirring constantly, 1 pint of the cooled broth and cook until smooth and thickened. Add curry powder, salt, chicken and carrots. Serve hot with a border of flaky boiled rice. Grated fresh cocoanut may be sprinkled over the curried chicken.

Chicken a la King

6 tablespoons Fat
6 tablespoons Flour
1 cup Milk or Chicken Broth
2 cups Cream
1 Green Pepper, chopped
½ lb. Mushrooms, cut in pieces
1 teaspoon Grated Onion
3 Egg Yolks
Salt
Paprika
3 cups Diced Cooked Chicken
½ cup Finely-chopped Pimento

Make a white sauce with 5 tablespoons of the fat, the flour, the milk or broth, and 1½ cups of the cream. In the other tablespoon of fat cook the green pepper, mushrooms, and onion over low heat for about 5 minutes. In the meantime beat the egg yolks, stir in the remaining half cup of cream and add the mixture to the sauce. Do not over-cook the sauce after the egg yolks are put in. Then add the cooked vegetables, the salt and paprika to taste, and the chicken and pimento. When the mixture is heated thoroughly, serve on crisp toast, in patty shells or toasted bread baskets, or on waffles, biscuits or rice.

Chicken Loaf

4½ tablespoons Butter or other Fat
½ cup Flour
1 cup Chicken Broth
½ cup Milk
1 tablespoon Chopped Onion
2 tablespoons Chopped Green Pepper
3 cups Breadcrumbs
1 quart Chopped Cooked Chicken
Salt

Make a thick sauce with 4 tablespoons of the fat and the flour, broth and milk. In the rest

LAUREL—*Australia's most popular kerosene.*

of the fat cook the onion and pepper. The breadcrumbs are the soft fluffy kind pulled apart with the fingers. Mix the sauce, cooked vegetables, breadcrumbs and chicken. Season to taste with salt. Put the mixture into a greased deep pan and bake in a moderate oven, until the loaf is well browned all over. The time required will probably be from 1 to 1½ hours. When the loaf is done, turn it out on a hot platter. Serve hot or cold.

Chicken Club Sandwich

Toast
Lettuce
Cold Sliced Chicken
Cooked Bacon or Ham
Large Ripe, Skinned Tomatoes, sliced thin
Thick Salad Dressing
Radishes, Olives or Pickles

Make double-decker sandwiches with slices of toasted bread from which the crust has been removed and the other ingredients arranged in layers of lettuce, chicken, bacon or ham, and tomato, with enough salad dressing to moisten.

Insert tooth picks to hold the sandwiches together and garnish with crisp lettuce and radishes, olives or pickles.

Fish Pie

1 Fish suitable for baking, or Fillets of Whiting
Make a sauce of:—
½ pint Milk
1 dessertspoon of Flour
Piece of Butter size of walnut
1 teaspoon of Chopped Parsley
Salt and Pepper
Breadcrumbs

Butter a pie-dish, sprinkle the sides and bottom of dish with the breadcrumbs. Lay fish in this dish with a layer of white chopped onion, dust with salt and pepper, and a few drops of lemon juice, then the white sauce, with a covering of breadcrumbs and a little butter on top. Bake in a moderate oven for about 1 hour.

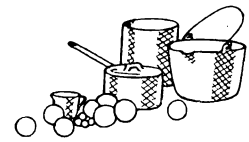
Carrot Castles

¾ lb. cold Mashed Potatoes
1 lb. cold Mashed Carrots
About 1 tablespoon Milk
1 oz. Dripping or Butter
Seasoning

Mix the potatoes and carrots with the butter melted in hot milk and plenty of seasoning. If the mixture will not hold together, add a little more milk. Divide between 4 greased moulds or cups. Cover with greased paper. Steam 25 minutes. A teaspoon of chopped parsley adds greatly to the flavour.

Vacuum Handy Oil is the ideal oil for bicycles.

Jams, Jellies, Pickles, Sauces



Jam Making Hints

No skimming is necessary if a lump of butter the size of a walnut is added when sugar is put in.

To retain a good colour, add a pinch of salt.

Use stainless steel or silver knives for cutting up fruit.

Under some conditions jam may take a little less or more time than is expected. To test jams put a tablespoonful in a saucer. If it sets the jam is cooked.

For cherry plum and gooseberry jams, fruit should not be quite ripe.

Use milk for sticking on jam labels and covers.

All berry fruits should be washed and moisture dried off after removing stalks and tops.

Cucumber Jam

10 lb. Long Cucumbers
8 lb. Sugar
4 Oranges
4 Lemons
4 oz. Whole Ginger
1 quart Water

Cut cucumber into small dice shapes and let stand overnight in sugar. In the morning, cut oranges and lemons into small, thin pieces. Put ginger in a muslin bag, and add all the ingredients to the cucumber. Boil 2½ hours or till some sets on a saucer. Stir as little as possible.

Worcestershire Sauce

1 gallon Vinegar
1 oz. Cayenne Pepper
¼ oz. Cloves
½ oz. Ground Mace
¼ oz. Ground Allspice
½ oz. Ground Ginger
2 oz. Garlic
¼ lb. Salt
1 cup Brown Sugar
1 cup Treacle

Crush ingredients, and mix with 1 cup cold water. Put into boiling vinegar. Simmer 1 hour. Strain through an open fabric. (It is necessary for some of the sediment to be included in each bottle.)

Tomato and Ginger Jam

6 lb. of Ripe Tomatoes
6 lb. Sugar
2 lb. Preserved Ginger

Skin the tomatoes, and boil with the sugar until clear. Then add preserved ginger. Cook till done.

Laurel Kerosene burns with an odourless, smokeless flame.

Cucumber Chutney

4 lb. ea. Cucumbers, Apples, Onions (weight after having been cut)
¼ lb. Raisins
2 lb. Sugar
4 oz. Ginger
1 oz. Cloves
4 oz. Garlic
1 oz. Cayenne
1 oz. Peppercorns

Cut up cucumbers, sprinkle with salt and let stand overnight. Put in a preserving pan with the other ingredients (cut small), spices, etc., cover with vinegar and boil till tender. This chutney improves with keeping.

Preserved Pineapple

1 Pineapple
Allow 1 lb. Sugar to 1 lb. Fruit

Cut pineapple into slices and take out cores. Put into a preserving pan layer by layer and allow to boil for about 3 minutes. Remove the pineapple and spread on a dish in the sun to dry. Boil the syrup for ½ hour, removing scum as it rises, then replace pineapple and boil again for 20 minutes. Lastly, put the pineapple into jars and pour over it the hot syrup, seal when cold. This keeps a long time if perfectly air-tight and is delicious served with blanc-mange or cream.

Pear and Passion Fruit Jam

6 lb. Pears
4 lb. Sugar
5 doz. Large Passion Fruit

Peel and core pears then mince or cut finely. Barely cover with water and boil for three hours, until a pinky colour, then add sugar. Remove seeds from the 5 doz. passion fruit, if desired (this is not necessary) and add pulp to the fruit. Boil until jam sets and bottle when cold.

Tomato Sauce

20 lb. Ripe Tomatoes
6 Large Apples
2 ozs. Garlic, peeled
1 lb. Sugar
½ lb. Fine Salt
1 oz. Whole Peppercorns
1 oz. Cloves tied in a muslin bag
Cayenne Pepper to taste

Wipe clean tomatoes and apples and boil until the skins and seeds separate. Then strain and squeeze through a mosquito net (to keep back the skins and seeds). Add garlic, sugar, fine salt, peppercorns, cayenne pepper. Boil all together until the liquid has lost one-third of its bulk. Then add one quart of the best vinegar and boil for a further ten minutes. Bottle when cool. This sauce will keep for two years.

Laurel is the ideal cleaner for baths and basins.

Tomato and Pineapple Jam

6 lb. Tomatoes to 1 Pineapple
4½ lb. Sugar
1 level teaspoon Citric Acid

Scald and peel tomatoes, cut up and remove hard piece near stalk. Cut pineapple into small dice. Boil together with 1 lb. of sugar 20 minutes. Heat 3½ lb. of sugar in oven, add to boiling jam and boil for further ¾ hour. Few minutes before taking jam off, add citric acid.

Melon Jam

12 lb. Melon
12 lb. Sugar
6 Lemons
6 Oranges
1 lb. Preserved Ginger

Cut up melons into small dice, also lemons and oranges cut very thinly. Sprinkle half sugar over them and stand for 24 hours. Then boil up and add remainder of sugar. Boil quickly to keep it a nice colour and until the juice begins to set. Bottle when cool and seal.

Melon and Date

6 lb. Melon
3 lb. Dates
4 lb. Sugar

Cut into small pieces 6 lb. of melon. Place in preserving pan, add stoned dates, cover with sugar. Let it stand overnight, then boil about 2 hours till melon is quite clear and jam thick. ¼ cup of this jam and ½ cup of cream whipped together makes a nice date filling for cakes.

Fig Jam

Figs
¼ pint Water and ¾ lb. Sugar to every pound of Fruit
Juice of half a Lemon to each pound

Boil water, sugar and lemon together for five minutes and remove scum, then put in fruit after it has been wiped clean and sliced into four or five pieces and boil steadily till it jellies.

Pineapple Jelly

1 good-sized Pineapple
2 thinly-sliced Lemons
1 pint Water

Wipe pineapple well, cut off the crown and slice it thickly without peeling. Cut slices in half, add two thinly-sliced lemons and 1 pint water. Simmer in preserving pan for several hours. Strain off, squeeze through jelly bag, return to pan and boil up again. Strain into another pan, let boil again, and add equal amount of sugar to juice. Let cook till it sets —about ten minutes longer.

Use Flit—the world-famous insect spray.

Rhubarb Jam

6 lb. Rhubarb
6 lb. Sugar
1 lb. Figs
2 Lemons
2 oz. Preserved Ginger

Wipe rhubarb with a damp cloth. Cut into cubes and place in a bowl, sprinkle with 6 lb. sugar and allow to stand 24 hours. Then cut up figs and lemons (very finely), add preserved ginger and add to the rhubarb. Boil ½ hour.

Walnut and Fig Jam

12 lb. of Figs
9 lb. Sugar
1 lb. Preserved Ginger
1 lb. Walnuts
1 quart Water

Cut up figs, cover half with sugar and let stand for 48 hours. Then boil water and remaining sugar. While boiling, add figs and boil one hour. Then add walnuts and ginger cut to size required.

Quince Honey

6 Quinces
1 Pineapple
4 lb. Sugar
1½ pints Water

Boil sugar and water to a syrup; add grated quinces and pineapple. Boil 1 hour.

Crab-Apple Jelly

4 lb. Crab-Apples
2 pints Water
Few Cloves or some Ginger Root
Sugar

Wash the crab-apples and cut into quarters, without peeling or coring. Put into a pan and add the water. Bring to the boil and simmer about 1½ hours, or until they are mashed, adding a little more water if necessary. A few cloves or some ginger root may be added while the apples are cooking. Strain through a jelly cloth. Measure the extract or juice and put into a pan. Bring to the boil, then add ¾ to 1 lb. sugar to each pint of extract. Stir while the sugar is dissolving, allow it to boil briskly without stirring for about 10 minutes, then test for jelling. As soon as it jells, pot and cover.

Orange Peel Marmalade

For every cupful of peel allow:
1 Lemon
2 cups Sugar
3 cups Water

Remove white pith from peel of oranges, slice peel finely. Cover peel and sliced lemons with water, allow to stand 48 hours. Boil till peel is tender, then add sugar, and boil another hour.

Indian Chutney

1 lb. Apples
½ lb. Salt
1 oz. Cayenne Pepper
3 quarts Vinegar
½ lb. Tomatoes
½ lb. Raisins
2 ozs. Garlic
½ lb. Sugar
¼ lb. Ginger
2 ozs. Eschalots
½ lb. Sultanas

Cut fruit up into small pieces, put all ingredients on to boil then let simmer until tender.

Melon Chutney

5 lb. Melon
2 lb. Brown Sugar
1 lb. Stoned Raisins
1 lb. Dates
4 ozs. Green Ginger
2 ozs. Garlic
4 ozs. Salt
1 oz. Pepper
2 quarts Vinegar

Put melon, raisins, dates, ginger and garlic through mincer, then put all into preserving pan and cook till a nice consistency. Bottle when cold.

Pickled Mushrooms

1 quart Button Mushrooms
1 quart Vinegar
1 oz. Bruised Whole Ginger
½ oz. White Peppercorns
A little Mace
Salt to taste

Wash and dry and peel mushrooms, cut off tops of stalks. Place in a stewpan, sprinkle with salt, shake over fire until liquor flows, keep on stove uncovered until most of the liquor has evaporated. Then add vinegar, spices, etc., bring to boil, simmer gently for 10 minutes. Turn into jars and cover closely.

Pineapple Jelly

1 good-sized Pineapple
2 Lemons
1 pint Water
Sugar

Wipe pineapple well, cut off the crown, and slice it thickly without peeling. Cut slices in half, add lemons thinly sliced and water. Simmer in preserving pan for several hours. Strain off, squeeze through jelly bag, return to pan, and boil up again. Strain into another pan, let boil again, and add equal amount of sugar to juice. Let cook till it sets—about 10 minutes longer.

Melon Jelly

12 lb. Melon
12 pints Boiling Water
Sugar
12 Lemons

Always use Flit—the world-famous insect spray.

Wash and wipe the melon and cut it up, seeds, skin and all. Allow to stand overnight with 3 lb. sugar. Slice the lemons, place in separate dish, and cover with boiling water. In the morning, add to the melon and boil till soft. Strain through a jelly bag. Add 1 cup of the juice to ¾ cup sugar, stir till dissolved, without boiling, then boil till it will jell.

Orange and Rhubarb Preserve

5 Oranges
3 lb. Rhubarb
1 Lemon
1½ lb. Loaf or Granulated Sugar

Peel the oranges and lemon carefully, take away any white rind or pith and the pips, slice the pulps into a pan, with the finely cut peel. Wash, dry and cut the rhubarb finely, and add with the sugar. Stir over low heat until the sugar has melted, then boil fast until it sets when tested. Put into clean, dry jars, cover, and store in a cool, dry place.

Gooseberry Chutney

1 lb. Green Gooseberries
1 lb. Rhubarb
1 lb. Onions
1 lb. Sultanas
1½ lb. Brown Sugar
½ teaspoon Cayenne
2 oz. Ground Ginger
1 quart Vinegar

Chop the gooseberries, rhubarb, onions and sultanas very finely, then add the rest of the ingredients and cook slowly for 3 to 4 hours. Add more vinegar if the chutney becomes too thick.

Green Fig Chutney

6 ozs. Raisins
3 lb. Figs
4 ozs. Preserved Ginger
1 lb. Onions
6 ozs. Dates
½ teaspoonful Cayenne
1 quart Vinegar
¾ lb. Brown Sugar
1 teaspoonful Salt

Cut the figs into rings, the dates and the ginger into cubes. Boil the vinegar and sugar, and pour onto all the other ingredients, then leave all night. Next day boil for about three hours or until thick and dark.

Pear Ginger

6 lb. Cooking Pears
1 lb. Crystallized Ginger
4 lb. Sugar
5 pints Water

Cut pears into eighths, remove core. Allow pears, sugar and water to simmer for 2 hours, add ginger, and simmer for 2½ hours.

Laurel's even, smokeless heat makes cooking a pleasure.

Orange Jelly

6 Oranges
3 Lemons
Sugar

Wash oranges and lemons, cut into thin slices and weigh; add three times the quantity of water, boil hard for 1 hour. Strain through double cheese cloth and let stand for 24 hours. Pour off all the clear liquid; to it add an equal quantity of sugar, boil until it jellies. Bottle and seal when cool.

Loquat Jam

Take 2 lb. of Loquats
Juice of 2 Large Lemons
3 lb. Sugar

When the loquats have been stoned and tipped, barely cover with water. Boil till soft. Add the juice of the lemons and add the sugar. Boil quickly till jam jellies.

Orange and Apple Jam

3 Large Oranges (Navel)
3 Granny Smith Apples
5 pints Water
6 lb. Sugar

Slice oranges overnight, pour the water on them and leave till morning. Boil 1½ hours with cut apples. Then add sugar and boil 1 hour longer or until it jellies.

Melon and Passionfruit Jam

8 lb. Melon
7 lb. Sugar
3 lb. Lemons
3 doz. Passionfruit

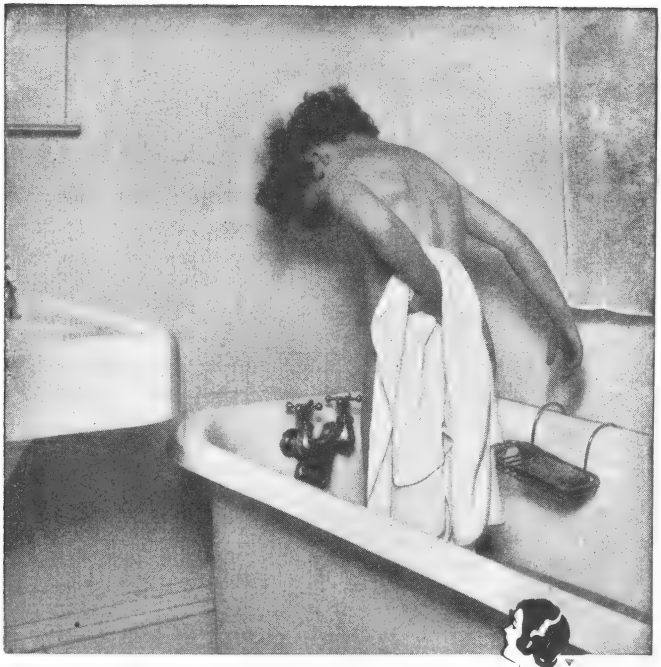
Cut 8 lb. melon into small dice pieces and put in large bowl. Put 7 lb. of sugar over it and let stand overnight. Next day add the juice of three lemons, and boil all together until it is transparent and will jell on a saucer. Then add the insides of three dozen passionfruit, boil three minutes, and take off fire. This jam usually takes three hours to boil.

Blackberry and Apple Jelly

2 lb. Blackberries
½ pint Water
2 lb. Crab or other Sour Apples
Sugar

Wash the blackberries. Wash and cut up the apples, without peeling or coring. Put the fruit in a pan with the water and cook for about 1 hour, until the fruit is tender, mashing it with a spoon. Strain through a jelly cloth and allow to drip for several hours. Measure the extract and put into a pan with ¾ to 1 lb. sugar to each pint. Boil quickly for about 10 minutes or until it jells when tested. Pot and cover as usual.

Laurel Kerosene for lighting, heating, cooking, cleaning, refrigeration.



Laurel Bathrooms are INVITING !

Laurel is a wonderful cleaner because of its ability to dissolve grease. As a bath cleaner, therefore, it is ideal. First see that the bath is quite dry. Then apply Laurel with a cloth, and, "Hey, Presto!" every greasy mark vanishes. Polish with a dry cloth and you have a perfectly clean bath for Laurel kills germs too, and is a splendid deodoriser.

American Recipes

(We are indebted to the United States Information Library for the following five pickle and sauce recipes)

Piccalilli

1 quart Chopped Green Tomatoes
2 medium-sized Sweet Red Peppers, chopped
2 Medium-sized Green Peppers, chopped
2 Large Mild Onions, chopped
1 Small Head Cabbage, chopped
½ cup Salt
3 cups Vinegar
1 pound (2 cups firmly packed) Brown Sugar
1 teaspoon Mustard, or 2 tablespoons Mixed Pickle Spices

Combine the vegetables; cover with salt. Let stand overnight. Drain and press in a clean, thin, white cloth to remove all the liquid possible. Add the vinegar, sugar and spices and simmer until clear. Pack into clean, hot, sterilized jars. Fill jars to top; seal tightly. Makes about 3 pints.

Pickled Crab Apples

8 pounds Crab Apples
10 two-in. pieces Stick Cinnamon
2 tablespoons Whole Cloves
2 tablespoons Allspice
4 pounds Sugar
1 quart Vinegar
1 pint Water

Wash the crab apples and drain. Put spices loosely in a clean, thin, white cloth; tie top tightly. Boil together for 5 minutes the spices, sugar, vinegar, and 1 pint water. Add the crab apples and boil for 10 minutes or until they are tender. Let stand overnight. In the morning remove the spice bag. Drain syrup from the crab apples and bring syrup to boiling. Pack crab apples in clean, hot, sterilized jars. Pour syrup over the crab apples, filling jars to top. Seal tightly.

Tomato-Pear Relish

2½ cups Fresh or Canned Tomatoes
2½ cups Fresh or Canned Diced Pears
½ cup Chopped Green Pepper
½ cup Chopped Onion
1 cup Sugar
½ cup Vinegar
1 teaspoon Salt
⅓ teaspoon Ground Ginger
½ teaspoon Dry Mustard
⅛ teaspoon Cayenne Pepper
¼ cup Chopped Pimento

Combine tomatoes, pears (if canned, use pears and syrup), green pepper, onion, sugar, vine-

Laurel Kerosene burns without smoke, soot, or smell.

gar, salt, ginger, mustard, and cayenne pepper. Boil slowly 1 hour, stirring occasionally, until somewhat thickened. Add pimento; boil 3 minutes longer. Pack into clean, hot, sterilized jars. Fill jars to top; seal tightly. Makes about 2 pints.

Catsup

2½ quarts (15 to 17 medium-sized) Sliced Tomatoes
¾ cup Chopped Onion
3-inch piece Stick Cinnamon
1 Large Garlic, chopped
1 teaspoon Whole Cloves
1 cup Vinegar
½ cup Sugar
1¼ teaspoons Salt
1 teaspoon Paprika
Dash Cayenne Pepper

Simmer together tomatoes and onion for about 20 to 30 minutes; press through a sieve. Put the cinnamon, garlic, and cloves loosely in a clean, thin, white cloth; tie top tightly; add to vinegar and simmer 30 minutes. Remove spices. Boil sieved tomatoes rapidly until one-half original volume. Stir frequently to prevent sticking. Add spiced vinegar, sugar, salt, paprika, and cayenne pepper to tomato mixture. Boil rapidly, stirring constantly, about 10 minutes or until slightly thickened. Pour into clean, hot, sterilized jars. Fill jars to top; seal tightly. Makes about 2 pints.

Tomato-Apple Chutney

3 quarts (18 to 20 medium-sized) Chopped Tomatoes
3 quarts (12 to 15 medium-sized) Chopped Apples
1 cup Chopped Green Pepper
3 cups Chopped Onion
2 cups Seedless Raisins
4 teaspoons Salt
4 cups firmly packed Brown Sugar
4 cups Vinegar
⅓ cup Spices

Combine tomatoes, apples, green pepper, onion, raisins, salt, sugar and vinegar. Put spices loosely in a clean, thin, white cloth; tie top tightly; add to tomato mixture. Bring to a boil; simmer 1½ hours; stir frequently. Remove spices. Pack chutney into clean, hot sterilized jars. Fill jars to top; seal tightly. Makes about 3 quarts.

TELL YOUR FRIENDS

Should any of your friends desire a copy of this Recipe Book, have them send their name and address to the Vacuum Oil Company Pty. Ltd., in the nearest capital city, and a "Laurel Recipe Book" will be forwarded to each, free and post free.

Flit Insect Spray will not harm the most delicate fabric.

Chinese Recipes

Sai-Yang-Choy-Tong

(Pork and Watercress Soup)

1 cup lean pork
2 cups water
1 teaspoon salt
1 tablespoon onion
¼ cup celery
2 cups chicken bouillon
1 cup watercress (tightly packed)

Dice and place in a covered saucepan the pork, onion and celery. Add salt and water. Simmer until tender, about 20 minutes. Add the watercress. Bring to boil and serve immediately.

Don-Far-Kair-Tong

(Chicken and Tomato Soup with Egg Drop)

4 cups chicken bouillon
1 cup tomatoes (raw)
1 egg

Place the chicken bouillon in a covered saucepan. Dice and add the raw tomatoes. Bring to boil and then simmer for 10 minutes. When boiling, pour in well-beaten egg, and stir constantly about two minutes until egg separates into shreds. Serve.

Chang-Dow-Ngow-Jay

(Veal, Peas and Pimento)

1 lb. green peas
4 tablespoons of oil or fat
1 teaspoon salt
Dash pepper
1 lb. veal
2 tablespoons onion
1 clove garlic
4 pimentos
1 cup chicken bouillon
2 tablespoons cornflour
2 teaspoons soy sauce
¼ cup water

Cook the peas in boiling water until almost tender—about five mins. Into a pre-heated 10 inch frying pan, place the oil, salt and pepper. Cut the veal into ½ inch cubes, dice the onion and garlic and cook over a moderate flame, stirring constantly, until the veal is brown. Add the cooked peas and cook over a low flame for five minutes. Blend together the cornflour and soy sauce and add. Serve with hot, boiled rice.

Na-Shun-Ngow-Yok

(Beef and Asparagus)

2 cups fresh Asparagus
4 tablespoons oil or fat
1 teaspoon salt
Dash pepper
1 lb. flank or round steak
⅓ cup chicken bouillon
2 tablespoons onion
1 clove garlic
1 tablespoon cornflour
⅓ cup water

Cut the asparagus diagonally in ½ inch slivers and cook in boiling

Buy your Laurel in one of the Handy Containers.

water for 5 mins. In a preheated heavy 10 inch frying pan place oil, salt and pepper. Cut steak diagonally in $\frac{1}{8}$ inch slivers and cook over a hot flame until brown. Finely dice and add the onion and garlic. Cover frying pan tightly and cook until the meat is tender —about 20 mins. Add asparagus. Blend together and add the cornflour and water. Stir constantly until the juice thickens and the mixture is very hot. Serve immediately with hot, boiled rice.

Ball-Kaw-Gai-Pen

(Chicken breast with Celery and Pineapple)

1—4 lb. fowl
1 cup celery
2 tablespoons oil or fat
1 teaspoon salt
Dash pepper
1 cup chicken bouillon
4 slices canned pineapple
2 tablespoons cornflour
$\frac{1}{4}$ cup water
2 teaspoons soy sauce

Cook the fowl until tender in enough boiling water to cover. Slice and cook the celery in salted, boiling water until tender. In a preheated heavy 10 inch frying pan place the oil, salt and pepper. Cut the chicken breast into thin slices and add. Cook over a moderate flame until browned. Add chicken bouillon. Cut the pineapple into six pieces and add. Add the celery. Blend together and add the cornflour, soy sauce and water. Cook for a few more minutes, stirring constantly, until the juice thickens and the mixture is very hot. Serve immediately with hot, boiled rice.

Moo-Goo-Ngow-Jay

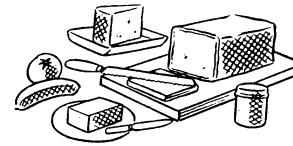
(Veal, Celery, Mushrooms and Onion)

2 tablespoons oil or fat
1 teaspoon salt
Dash pepper
1 lb. veal
1 cup onion
$\frac{1}{2}$ lb. mushrooms
1 cup celery
$\frac{1}{2}$ cup chicken bouillon
2 tablespoons cornflour
2 teaspoons soy sauce
$\frac{1}{4}$ cup water

In a preheated heavy 10 inch frying pan place the oil, salt and pepper. Cut the veal into $\frac{1}{3}$ inch cubes and cook over a moderately hot flame until the meat is brown. Dice and add the onion and celery. Slice and add the mushrooms. Add chicken bouillon. Cover pan tightly and cook over a low flame for 10 minutes. Blend together the cornflour, soy sauce and water and add. Cook for a few minutes, stirring constantly, until the juice thickens and the mixture is very hot. Serve immediately with hot, boiled macaroni.

Flit now contains the miracle insecticide, D.D.T.

Lunch and Supper Sandwiches



Curried Egg

Hard boil required number of eggs. Shell, and cut whites and yolks into very small pieces. Add pepper, salt, and curry powder to taste. Place between thinly-cut bread and butter.

Egg and Lettuce

Hard-boiled eggs cut in small sections and placed on lettuce leaves, add pepper and salt to taste.

Salad

Lettuce (in fine strips), beetroot, cucumber, tomato and onions (fine pieces), add pepper and salt.

Marmite (Vegemite) and Walnuts

Spread marmite on buttered bread; add grated walnuts.

Gherkin and Cheese

Thin slices of cheese with gherkin cut in small pieces.

Tomato and Onion

Cut tomato in thin slices and spread onion cut in small pieces on top of tomato; add pepper and salt to taste.

Tomato and Mint

Slices of ripe tomato; sprinkle with finely-chopped fresh mint, pepper and salt and few drops of vinegar.

Spiced Beef

Spread bread with butter mixed with a little curry powder, pepper and salt and pinch of nutmeg and spice. Lay slices of cold roast beef in between seasoned buttered bread.

Chicken and Celery

Combine minced scraps of cooked chicken with chopped celery and mayonnaise. Use with white or brown bread, or both.

Chicken and Pineapple

Combine equal proportions of minced cooked chicken with chopped pineapple and a little mayonnaise to bind.

Orange and Cheese

1 cup Grated Cheese
½ cup Orange Juice
1 teaspoon Salt

Beat together till thick and creamy, then spread between slices of buttered brown bread.

Tomato and Gherkin

Slices of ripe tomatoes and finely chopped gherkin. A sprinkle of pepper and salt and a little mayonnaise.

Quartet of Sandwiches

Minced cold bacon, with pepper and a suggestion of mayonnaise; chopped cucumbers with mayonnaise on rye bread; salmon, chopped green pepper and mayonnaise on wholemeal bread; minced tongue with watercress or chopped parsley on white bread.

Garlic Sausage and Tomato Chutney

Remove outside skin and cut garlic into thin slices—spread chutney on top of sausage—add pepper and salt.

Ham and Mustard

Use thinly cut ham and add mustard to taste; add pepper and salt to taste.

A Sandwich Suggestion

This has an especial interest for those affected by rationing.

When cutting meat sandwiches, spread the bread with dripping instead of butter, and add pepper and salt to taste. The sandwiches then have more flavour; are very economical.

Beef and Chutney

Mince cold roast beef with a little fruit chutney. Use with white or brown bread. Shredded lettuce may be added.

Corned Beef and Sweet Pickle

Slices of corned beef, spread with a little sweet mustard pickle. Best in brown bread.

Egg and Shrimp

Hard-boiled eggs creamed and combined with an equal quantity of minced shrimps. Add a little lemon juice and cayenne pepper to flavour.

Good Sandwich Paste

Soak 1 cup of haricot (or similar) beans overnight. Next day boil to a pulp. Rub through a sieve. Add 1 tablespoon finely minced onion. A pinch of powdered sage. One saltspoon celery salt. The juice of 1 lemon. Juice of three tomatoes (if available). Salt to taste. Simmer together for a while. Use when cold.

Flit now contains D.D.T., which is death to all insect pests.

Cooking Hints

A good sound apple placed in an airtight cake tin will keep a fruit or seed cake moist.

Lettuces will keep fresh for several days if placed in a tin billy with the lid on, until ready for use.

Potatoes will cook more quickly if they are left in hot water for about fifteen minutes before being baked in the oven.

A teaspoon of glycerine added to cake mixture makes it light and reduces the quantity of butter needed.

To prevent a baked custard becoming watery, warm the milk before adding the eggs.

When making mutton broth, if a teaspoon of vinegar is added to the water in which the knuckle is boiled, far more nourishment will be drawn out of the bones.

To grill a steak, dip the meat in a small quantity of salad oil or rub very hot beef dripping into it. Lift a steak always by the fat, not by the lean, or else the juice will run out.

Before making flour into a batter for a pudding, add a dessertspoonful of ground rice. This will make the pudding much lighter.

When a sponge sandwich has to be made and used at short notice, do not waste time icing it. Spread the top with raspberry jam, and sprinkle it thickly with cocoanut.

The antidote for too much salt is brown sugar.

Do not shell peas till ready to use; they keep their flavour better.

If an egg that you are boiling cracks, the other end should be cracked too; then the contents will not be forced out.

To obtain more juice from a lemon, place it in a hot oven before squeezing.

Before creaming butter and sugar for cakes, add one teaspoonful of boiling water; it creams much quicker.

To make one egg go as far as two, beat up the yolk in half a cup of milk.

A teaspoon of coffee essence added to a fruit cake darkens the cake and improves the flavour.

To keep a roly-poly pudding from sticking, lightly grease the cloth instead of flouring it.

Stir a tablespoon of melted butter into powdered milk, for scones.

Laurel Kerosene burns without smoke, soot, or smell.

Sponge cakes will have a real "professional" look if you first grease tin well then sprinkle with equal quantities of flour and castor sugar. Puts a nice crust on the outsides of the sponges.

An onion, like history, has a habit of repeating, but if cooked with teaspoonful of sugar, this bad habit is overcome.

After peeling and slicing onions, leave in milk for 15 minutes after which they will fry a delicious brown.

Left-over mustard (ever have any?) will keep moist if covered with cold water. Pour water off before using.

Before roasting meat dredge it with flour; gravy will be rich and brown.

Parsley keeps indefinitely in the icebox. It saves time and trouble to chop a quantity at one time, and put it in a glass jar near the ice.

Fresh cream, when used as a filling for cakes, will not run down the sides if a teaspoon of gelatine is dissolved in a little warm water, mixed with the cream and allowed to set for about an hour.

Use scissors to cut parsley, lettuce, silver beet and the like.

When frying fish, sprinkle a little curry powder into the pan —it stops smell, improves flavour and colour.

Prunes are much improved by adding a few cloves, a little lemon juice.

Use vegetable water for making meat gravy or, with an equal quantity of milk, for white sauce. Also, it is excellent (hot) for mixing commercial "beef tea," or other concentrated soups.

Tomato sauce made with garlic instead of onion will never ferment, and will keep almost indefinitely. One clove of garlic equals, approximately, a large brown onion.

If milk is on the turn it can often be saved by adding a pinch of bicarb. soda; bring it rapidly to the boil. Do not use an aluminium saucepan.

Fried onions are much more digestible if they are first boiled for a few minutes, then strained and sliced.

A little tomato sauce added to scrambled eggs is a great improvement.

Cold cauliflower served with a good mayonnaise dressing makes a delicious change for a salad.

Before peeling apples soak them in boiling water for a minute.

A few lettuce leaves put in the pot when green peas are being cooked greatly improve the flavour; but add mint as usual.

When buying Kerosene always ask for Laurel.

Broad beans can be made to do double service. Shell and cook them as usual for one meal, but retain the pods. The pods, finely cut and cooked in the same way as French beans, can be used for a later meal. (Young broad beans —before the seeds are developed —may also be used like French beans, using the whole beans sliced.)

When cooking fresh peas leave them in the pods. Pick over and wash them in clean water, before putting them into boiling water. When done, the pods float on the surface and are easily separated from the peas. An additional advantage in doing peas this way is that the flavour is far better than from shelled ones.

You will always have white, mealy potatoes if you add one teaspoonful of milk to the water in which they are boiled. This removes the dark discoloration so noticeable at some periods of the year.

When whipping cream for cakes add a small pinch of carbonate of soda. This will keep cream fresh for days.

Slice carrots lengthwise. Less of the valuable juice, which contains minerals and vitamins, will be lost in cooking than if the carrots are cut across the fibre.

When using oranges in a salad, soak them in boiling water for five minutes before peeling. The pith will then come away cleanly and the fruit look more attractive.

Baked apples will not burst and lose their shape if, before being cooked, the skin is slit round with a sharp knife.

When making soup, try adding with the rest of the vegetables a little cabbage, cut very finely.

A salad dressing can be made in two or three minutes by adding salt, pepper, vinegar and mustard to sour cream. Stir well.

When using dates for cooking, always use essence of lemon with them; it brings out twice the flavour.

On taking an overcooked baked custard out of the oven, stand immediately in a dish of cold water and the custard will return to normal.

Before cutting up onions to fry, let them stand in salt water for five minutes. Fried onions have a delicious flavour prepared in this way.

Thick cream will make into butter twice as quickly if put into the oven and warmed enough to stir easily.

When creaming dripping and sugar, add one tablespoon of vinegar; it will then cream much quicker, and lighter.

Flit kills flies, mosquitoes, bugs, and cockroaches.

Weights and Measures

Quantities

Exact measurement is absolutely necessary to ensure the best results in cookery. To avoid error it is wise to take *level* measures rather than *heaped*. Where scales are not available the following table may be useful:—

1 breakfast cup holds ½ pint.
1 pint of liquid weighs about 1 lb.
1 level cup of flour weighs 4 oz.
1 level cup of crystallized sugar weighs 8 oz.
1 level cup of brown sugar weighs 6 oz.
1 level cup of rice weighs 8 oz.
1 level cup of dripping weighs 8 oz.
1 level cup of breadcrumbs weighs 4 oz.
1 level tablespoon of flour weighs ½ oz. (*bare*).
1 level tablespoon of butter weighs ½ oz. (*good*).
1 level tablespoon sugar weighs ½ oz. (*good*).

A one-quart measure contains one pound of broken loaf sugar, soft butter or wheat flour.

There are 32 tablespoonfuls, or two tumblers full, or two measuring cups, to one pint.

A one-quart measure contains 1 pound 2 ounces of corn meal or brown sugar, or 1 pound 1 ounce of powdered white sugar.

As a rule, there are 10 eggs to a pound.

Three teaspoonfuls to one tablespoonful.

One teaspoonful equals 80 drops.

1 breakfastcupful of water or milk measures ½ pint.
4 tablespoonfuls of water or milk measure ¼ pint.
1 wineglassful of water or milk measures ⅛ pint.
1 breakfastcupful of moist sugar (heaped) weighs ½ lb.
1 breakfastcupful of castor or rice sugar (heaped) weighs 7 oz.
1 breakfastcupful of butter or lard weighs 8 oz.
1 breakfastcupful suet, finely chopped (heaped) weighs 4 oz.
1 breakfastcupful of sago, tapioca, semolina (heaped) weighs 4 oz.
1 breakfastcupful of flour, cornflour (heaped) weighs 4 oz.
1 tablespoonful of suet, finely chopped (heaped) weighs 1 oz.

LAUREL—*the most popular kerosene amongst housewives.*

1 tablespoonful of butter, flour (heaped) weighs 1 oz.
1 tablespoonful of moist sugar (heaped) weighs 1 oz.
1 dessertspoonful of flour, sugar (heaped) weighs ½ oz.
1 dessertspoonful of golden syrup, marmalade (level) weighs 1 oz.
6 pieces of lump sugar weigh 1 oz.
1 piece of butter or fat about size of an egg weighs 1 oz.
Dry materials (flour, etc.) should be sifted before measuring
Three pennies or five halfpennies weigh one ounce

Avoirdupois Weight

16 drachms = 1 ounce
16 ounces ... = 1 pound
14 pounds = 1 stone
28 pounds = 1 quarter
4 quarters = 1 hundredweight
20 cwt. ... = 1 ton
2240 pounds = 1 ton

In Measuring Liquids

1 tablespoon of liquid equals about 1 oz.
2 dessertspoons equal 1 tablespoon.
2 teaspoons equal 1 dessertspoon.
2 saltspoons equal 1 teaspoon.
1 wine glass equals ½ *teacupful* or ½ gill.
4 gills equal 1 pint.
60 minims equal 1 drachm.
8 drachms equal 1 ounce.
20 ounces equal 1 pint.
2 pints equal 1 quart.
4 quarts equal 1 gallon.
1 minim equals 1 drop.
1 drachm equals 1 teaspoonful.
2 drachms equal 1 dessertspoonful.
4 drachms equal 1 tablespoonful.
2 ounces equal 1 wineglassful.
1 pint of water weighs 20 ounces.
1 gallon of water weighs 10 lb.

Table of Percentages

2½% is 0/6 in £
3% is 0/7½ in £
4% is 0/9½ in £
5% is 1/0 in £
6% is 1/2½ in £
7½% is 1/6 in £
10% is 2/0 in £
12½% is 2/6 in £
15% is 3/0 in £
17½% is 3/6 in £
20% is 4/0 in £
22½% is 4/6 in £
25% is 5/0 in £
33⅓% is 6/8 in £

Measures of Length

12 inches = 1 foot
3 feet = 1 yard
22 yards = 1 chain
220 yards = 1 furlong
80 chains = 1 statute mile
8 furlongs ... = 1 statute mile
5,280 feet ... = 1 statute mile
1,760 yards ... = 1 statute mile

Always use Flit—the world-famous insect spray.

A Necessity in Every Home

For multiplicity of uses, both in the household and out of it, we doubt if there is any product that approaches that water-white kerosene called "Laurel," which sheds light and comfort in so many homes in this country. The number and variety of jobs that Laurel can do, and do well, should delight the heart of any ambitious young statistician. We are sure that no one has yet counted and classified them all.

The world (or this part of it) knows Laurel's "soft white light" that shines from countless kerosene lamps in country and town. It is the easiest light of all on the eyes. For heating purposes when winter is upon us, Laurel used in a handy portable heater, warms many a chill room or workshop, and gladdens many hearts. And for cooking in the convenient economical oven of the kerosene stove, Laurel takes the bun—sorry. For many years Laurel has done a vast amount of good, in a more modest way, in the well-known Primus type of stove, that wonderful "stand-by."

But that is far from all: Laurel is invaluable for cleaning windows, polishing floors, and so on. A little added to the boiling water in the copper makes Washing Day a success, with whiter, cleaner clothes a result. Some Laurel on a rag will cleanse the copper afterwards, and is also good for baths and other porcelain ware. Then, of course, there's the mangle. Wipe the rollers, after use, with a clean cloth dipped in Laurel to keep them clean and prevent rotting.

For more personal uses still, Laurel excels. It is an antiseptic for cuts and wounds. For those who do not object to the slight odour, Laurel is splendid as a scalp massage, well rubbed in with the fingers. It will remove dandruff, and improve the hair.

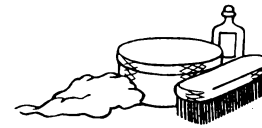
The best time for ladies to apply it is the night before washing the hair. Laurel has such uses as—cleaning rust off knives or tools; lighting fires (in association with patent kindlers, etc.); ingredient for home-made soap; and keeping ants off pantry shelves (the shelves should be lightly wiped with a rag dipped in the invaluable fluid).

Poultry breeders find Laurel their best friend, because of its outstanding reliability and economy.

In the work of pest-destruction Laurel does a wonderful job. Placed on the surface of swamps and other breeding grounds of mosquitoes, it forms an unbroken film which most effectively prevents the insects maturing.

And even this formidable list does not exhaust the extraordinary usefulness of this remarkable liquid, Laurel, Australia's most popular kerosene for lighting, heating, cooking, cleaning, freezing, incubation and brooding—again available and better than ever.

Household Hints



Worn canvas seats from deck chairs will cut up into very strong and useful shopping bags.

* *

Pillow-slips generally wear first at the seams. If a tape is stitched along the insides of the seams when the slips are fairly new, they will last much longer.

* *

Such things as gate hinges, sofa castors, and sewing machines last better with regular application of Vacuum Handy Oil.

* *

If the chimney catches on fire, place wet newspapers on the fire. The steam from the papers will quickly put out the fire in the chimney.

* *

Whenever possible buy firewood after a spell of dry weather. Wet wood is much heavier than dry!

* *

To keep your canary in good trim, give him a piece of apple once a day.

When pinning a bandage, slide a knife blade (preferably a blunt one) between the skin and the underpiece of the bandage, and there will be no danger of pricking the skin.

* *

Aluminium ware becomes bright and shining if rubbed with cloth dipped in Laurel Kerosene.

* *

When washing dishes that have been used for fish add a little vinegar or lemon juice to the water, and the taste will be removed.

* *

Ants will be routed if a cupful of Laurel Kerosene be poured into their nests.

* *

Butter that has become rancid can be sweetened in two hours if immersed in cold water to which a pinch of bicarb. soda has been added.

* *

Windows gleam and sparkle again if a dessertspoonful of Laurel Kerosene is used in warm cleaning water. Polish briskly with dry cloth.

Keep some Vacuum Petroleum Jelly in the medicine chest.

Your worn-out hot-water bottle: Fill it with bran or sawdust, and use as a kneeling mat when polishing floors or working in the garden.

* *

When washing the hair, add a teaspoon of Laurel Kerosene to the last rinsing water. This gives the hair a good shine, and cleans the scalp of dandruff.

* *

Linoleum floors can be given a clean, fresh "newness" by applying a small quantity of Laurel which removes all grease spots and imparts a non-slippery polish.

* *

If no Vacuum Handy Oil available, Squeaky Wire Doors can be quietened by dropping some Laurel Kerosene into hinges and springs. Also removes rust and protects against weather.

* *

A canvas water bag with a hole in it can be mended very efficiently this way. Thoroughly dry, then cover hole, both sides with adhesive plaster leaving generous margins beyond edge of hole.

* *

Furniture and all woodwork can be wonderfully cleaned and freshened by rubbing briskly with a cloth dipped in Laurel Kerosene. White heat spots disappear and varnish is revived.

Metal and Brass taps can be kept free from stains and verdigris if rubbed with a Laurel-soaked cloth. Wash with hot water and soap before polishing.

* *

Rust stains can be removed from white linen by rubbing the part well with lemon juice, covering with dry salt and rubbing again. Do this until stain is nearly removed then boil.

* *

Chilblains can be relieved if rubbed with Laurel Kerosene when going to bed or when very itchy, but only if the skin is unbroken.

* *

Fluffy Hair, full of lights and beautifully clean, can be obtained if a well-beaten white of egg is thoroughly rubbed in.

* *

Use Vacuum Dry Cleaner for those little dry-cleaning jobs.

* *

Ink Stains can be removed from linen by covering with freshly-mixed mustard. Should be left an hour then sponged out.

* *

Blood Stains will disappear if the part is soaked in Laurel and later washed in warm soapy water.

Laurel is the ideal cleaner for baths and basins.

Tea-towels can be kept an excellent colour by putting the rind of a lemon in the water you wash them in.

* *

Ironing is less arduous and iron runs more smoothly if a tablespoonful of Laurel Kerosene be added to basin of starch.

* *

Best hint of all.—There are kerosenes inferior to Laurel so may we suggest you always ask distinctly for Laurel when ordering.

* *

When you are knitting at home, place the ball of wool in a cup and run the wool through the handle —this will keep the ball in place. Your kitten might be disappointed!

* *

To remove vaseline from material, soak in mineral turpentine or kerosene before washing; soap will set the stain. For other grease or wax use white motor spirit.

* *

To brighten a rusted needle push in and out of a piece of sandsoap.

* *

For "petrol" lighting and heating appliances use Vaclite.

When pram tyres wear, take them off and replace inside out.

* *

Short lengths of bike chains make hinges for gates of fowl-yards, etc.

* *

Flat irons will get hotter quicker, and retain their heat longer if covered while on the stove with an inverted baking or biscuit tin.

* *

Do not apply furniture polish to an ebony or rosewood piano-case, as it will probably crack the veneer. Use instead a few drops of kerosene on a clean duster.

* *

Pot cleaners? The small brown sponges frequently found on sea beaches make effective pot cleaners for the kitchen. Being rough in texture they remove scraps but do not scratch the surface of the pots.

* *

To prevent the end of a candle from being wasted, cut a cork so that it nearly fills up the socket of the candle-stick. Then slightly heat the base of the candle and stick it down on to the cork.

Flit kills moths, silverfish, ants and bugs.

Vacuum Products

Famous for Performance in every field of Service

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Plumo Motor Spirit
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Flit (Insect Spray)
Vaclito (Lighting and Heating Fluid)
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Vacuum Agricultural Oils and Greases
Vacuum Stanvac Diesel Oil
Stanvac Fuel Oil Standesol
Vacdip (Sheep Dip)
Vacmark (Sheep Branding Oil)
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